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ABSTRACT

This food manual for small Idaho residential child care institutions with 10-15 students and no full-time cook, is designed to help directors serve meals that promote healthy eating behavior in their residents, serve meals that meet the USDA's Healthy School Meals Initiative, and manage the food service to assure the fiscal integrity of the National School Lunch and School Breakfast programs. Chapters address: (1) 1996 changes in meal requirements and menu planning methods and how to meet the nutritional standards; (2) meal planning; (3) food preparation and purchasing; (4) meal service; (5) records and reports; (6) program requirements and regulations; (7) food safety; (8) preparing for a state review; and (9) meal patterns. Appendices include information on the 1995 dietary guidelines for Americans; planning school and child care meals using the food guide pyramid; getting started on menu planning using NuMenus; approved software programs for nutrient analysis; foods of minimal nutritional value; inventory; meal count and edit forms; a frozen food storage guide for commodities; and menus and recipes. (CR)

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ED 421 847

Residential Child Care Institutions (RCCI) Food Services Manual

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State of Florida
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Definitions

ADP - Average daily participation.

CAP - Corrective Action Plan

Child - Person under the age of 21 currently admitted to RCCI as a resident (does not include children of the RCCI personnel or employees' children).

CFR - Code of Federal Regulations pertaining to Child Nutrition Programs.

CN - Child Nutrition

CNP - Child Nutrition Programs; all those programs authorized in the Child Nutrition Act and the National School Lunch Act, including lunch and breakfast.

CRE - Coordinated Review Effort

Economically needy - Enrolled children who are eligible for free or reduced price meals as determined by the current income scale (as updated on July 1 every year) of the Child Nutrition Programs.

Food component - Means one of the four food groups which compose the reimbursable school meal, i.e., meat/meat alternate, milk, grains/breads and vegetables/fruits.

Menu item - A single food or combination of foods under NuMenus.

Non-pricing program - Meals are provided to children as part of the service to residents; meals are not sold separately for cash.

Non-profit food service - Food service maintained for the benefit of the children, with income from food service, if any, used solely for operation or improvement of food service.

Offer versus Serve for NuMenus/Assisted NuMenus - Children must be offered a complete lunch, which includes an entree, milk and at least one side dish. If offered three menu items, a student can decline only one menu item. (They cannot decline the entree.) If offered more menu items, they cannot decline more than two. A breakfast meal must contain a minimum of three menu items from which the child may decline one.

Offer versus Serve for Food Based/Traditional - Children must be offered a complete lunch of at least five items but may select three of the items offered, and that meal will still qualify for reimbursement. A breakfast meal must contain four items from which the child must choose at least three.

Participation - Number of children who received a reimbursable meal.

Point-of service - The point at which it is possible to determine that an eligible child has received a reimbursable meal.

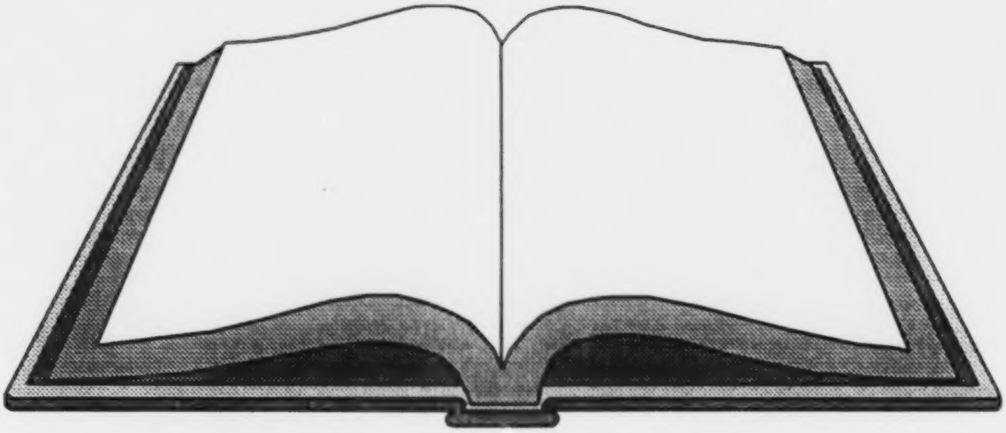
Plate waste - Food taken but not eaten.

Reimbursement - Money received for each meal served that meets federal meal requirements, amount based on type of meal served and category of child receiving the meal.

Residential Child Care Institution (RCCI) - Includes but not limited to homes for children with disabilities, unmarried mothers and their infantrs, group homes, halfway houses, orphanages, temporary shelters for abused and for runaway children, long-term care facilities for chronically ill children, and juvenile detention centers.

School Food Authority (SFA) - Any public or private non-profit (tax exempt) organization responsible for management of a child nutrition program.

School Meals Initiative (SMI) - An effort to provide healthy school meals that are consistant with the Recommened Dietary Allowances (RDA), the calorie goals and the Dietary Guidelines for Americans.



Introduction

This manual has been written for the small RCCI having 10-15 students and no full time cook. The purpose of this manual is to help directors of Residential Child Care Institutions:

- serve meals that promote healthy eating behaviors in their residents
- serve meals that meet the USDA's Healthy School Meals Initiative, and
- manage the food service to assure the fiscal integrity of the National School Lunch and School Breakfast Programs.

Menus are included (Appendix I) which meet both the Food Based and the NuMenu requirements. The meals meet the the meal pattern and Nutrient Standards on a daily basis. The fact that the meals stand alone allows the menu planner to pick and choose among the menus, rearrange the meals, and still remain in compliance for Food Based or NuMenus requirements.

The first chapter provides basic information on the 1996 changes in meal requirements and menu planning methods. The rest of the manual can be considered as supporting material for the first chapter; or since training needs vary from one RCCI to another, this manual can be studied in units.

The manual includes nine units. If the RCCI is scheduled for a state review, the first chapter studied may be Chapter 8, "Preparing for a Review." If the need is to learn more about purchasing, begin study with Chapter 3, "Food Preparation and Purchasing."

Three videos supplement printed material in the manual: *Making Healthy Choices* enhances Chapter 2; *Food for Thought* enhances Chapter 3; and *Making the Most of Mealtime* enhances Chapter 4.

We are indebted to many RCCI personnel who collaborated with us on this manual, particularly on the menus.

Chapter I

Meeting the Nutrient Standards

A Roadmap For Success

In this unit, a road map to meeting the new Nutrient Standards for the National School Lunch Program (NSLP) will be presented. These are some of the questions that will be answered:

- Why must we meet new guidelines?
- What do we want to accomplish?
- What are Nutrient Standards?
- Do I need to use cycle menus and standardized recipes?
- What choices among menu planning systems do I have?
- Are there advantages or disadvantages to any of the menu planning systems?
- How are emergencies and substitutions handled?
- Can I use leftovers?
- What if I cannot obtain the nutrient analysis of a product from the manufacturer?
- Do I still need to keep production sheets?

You probably have these questions and many more, so we will try to answer them one at a time.

Why must we meet new guidelines?

In order to provide the best meals possible and provide the nutrients required to sustain optimum health and growth of children, the Food and Consumer Service (FCS) of the USDA issued new regulations which took effect on July 1, 1996, called the School Meals Initiative (SMI) for Healthy Children. We all agree that our meals should at least meet the age appropriate Recommended Dietary Allowances (RDA). Most programs have been working to lower fat and salt, but need to pay more attention to meeting the requirements for calories, vitamins, and minerals. An additional incentive is that it is necessary to follow USDA Dietary Guidelines for Americans in order to claim breakfast and lunch reimbursement for the meals served.

What do we want to accomplish?

In addition to providing attractive meals that children like, we wish to provide at least one third of the RDA for lunch, one fourth of the RDA for breakfast, while deriving no more than 30% of the total calories from fat, and no more than 10% of the total calories from saturated fat. Let's look at the RDA for children grades K-6 and 7-12.

NUTRIENT STANDARDS

	K-12	K-6	Grades 7-12	
Nutrient Standards	**Breakfast**	**Lunch**	**Breakfast**	**Lunch**
Energy Allowances (calories)	554	664	618	825
Total fat (g)[3]	18[1]	22[1]	21[1]	28[1]
Total saturated fat (g)[3]	6[2]	7[2]	7[2]	9[2]
Protein (g)	10	10	12	16
Calcium (mg)	257	286	300	400
Iron (mg)	3.0	3.5	3.4	4.5
Vitamin A (RE)	197	224	225	300
Vitamin C (mg)	13	15	14	18

[1] Total fat not to exceed 30 percent of total calories over an RCCI week.

[2] Saturated fat to be less than 10 percent of total calories over an RCCI week.

[3] The grams of fat will vary depending on actual level of calories.

Foods containing these nutrients typically contain other essential nutrients not specified in the Nutrient Standards. While there are no quantitative standards given by FCS for cholesterol, dietary fiber, and sodium, they should at least be monitored. A level of not more than 2 mg sodium per calorie and at least 1g of fiber per 100 calories per meal can be used as general guidelines. Cholesterol values for breakfast should fall around 54 mg and between 71-72 mg for lunch.

We must still keep in mind the Dietary Guidelines for Americans. The SMI is consistent with the 1995 Dietary Guidelines for Americans.

What are the Nutrient Standards?

Nutrient Standards are values established by the RDA and Dietary Guidelines for Americans. They include standards for calories and the nutrients necessary for growth and metabolism established for various ages. Vitamins and minerals which are frequently low in children's diets are included in the SMI Nutrient Standards.

Do I need to use cycle menus and standardized recipes?

Using cycle menus developed for breakfast and lunch will save time and increase efficiency. It will also ensure that Nutrient Standards are met on a weekly basis, because the same menus are repeated through each cycle.

A standardized recipe is one that has been tested and adapted for use to provide the same good results and yield every time. Standardized recipes are essential to ensure that the planned serving sizes for food items yield the same nutrients each time the recipe is prepared. Further information on standardized recipes is presented on pages 1-13 to 1-16.

What choices among menu planning systems do I have?

There are five menu planning choices:

1. Food Based Menus
2. Traditional Menus
3. NuMenus
4. Assisted NuMenus
5. Any Reasonable Approach

1. Food Based Menus

The Food Based Menus provide a menu plan that is very similar to the Traditional Meal Pattern. It is an enhancement to the Traditional Meal Pattern. The food components are the same, but some quantities are increased.

2. Traditional Menus

Traditional Menus is the name for the meal pattern used before the new regulations took effect in July 1996. Traditional Menus may continue to be used, with State permission, if the person responsible for menus presents convincing reasons that the menus meet the Nutrient Standards.

Such a reason could be that the menus have already been analyzed using a software program not recognized and accepted by the USDA or menus have been analyzed using Food Composition Tables.

3. NuMenus

If a program takes the responsibility for planning and analyzing its own menus using a computer, it is said to be using "NuMenus." If a program adapts menus from another source, such as State Assisted Menus or the USDA menus, it is considered to be using NuMenus, providing it performs computer analysis of the changes it has made.

4. Assisted NuMenus

If a program employs a consultant to plan menus and conduct nutrient analysis to meet the Nutrient Standards or uses state or USDA NuMenus, it is said to be using "Assisted NuMenus."

5. Any Reasonable Approach

A fifth menu planning option is being developed at this time. Contact your State Agency for further guidance.

Making the Menu Planning Choice

The choice of which menu planning system to use will depend upon many things, such as whether or not you have or can purchase an adequate computer, your level of computer interest and skills, and the time available to input data and do the analysis. If you do not plan to use a computer, consider the Food Based Menu Planning system. Please consult the accompanying pages which summarize the difference between the Food Based and NuMenus systems.

Since we were speaking of road maps, let us repeat the ancient saying, "All roads lead to Rome." No matter what system you use, you end up at the same point, and must meet the Nutrient Standards when your menus are analyzed.

Upon State Agency review, menus will be analyzed and must meet the Nutrient Standards. The menus must be revised until the Nutrient Standards are met. So you can see that whatever method you choose, you arrive at the same destination with menus that are in compliance with the Nutrient Standards and Dietary Guidelines for Americans.

Food Based & Traditional Menu Planning Systems

Food Components Required for Breakfast and Lunch

The following components make up the food items in the familiar old meal pattern. The term "component" will be retained for the Food Based Menu Planning Systems, but is not used in NuMenus.

Breakfast Components

•Meat/Meat Alternate
•Juice/Fruit/Vegetable
•Grains/Breads
•Milk

Lunch Components

•Meat/Meat Alternate
•Vegetables/Fruits
•Grains/Breads
•Milk

Serving sizes are specified and there are minimum quantities which count to meet a food component. There are no component changes in the breakfast requirements for Food Based Menus.

The traditional school lunch menu pattern had the following problems:

1. Some menus under the traditional menu pattern were low in calories.
2. The traditional meal pattern may not meet the Nutrient Standards. Amounts of nutrients such as iron and fiber may be low.

The new Food Based Menu Plan was designed to correct these deficiencies. The Food Based Menu requirements are shown on the following pages (1-5 to 1-6).

After a first serving of grains/breads, grain-based desserts can be used to satisfy one serving of grains/breads per day. Calories are increased by the additional servings of grains/breads. The extra servings of fruits and vegetables provide increased levels of vitamins, minerals, and fiber.

If Food Based Menus or Traditional Menus are chosen, the RCCI is not required to analyze the menus. Therefore, it would not be necessary to purchase a computer or software, because the State Agency will analyze the menus when a review is conducted. But a program may perform an analysis of its Food Based menus, if desired.

In any event, when the menus are analyzed by the state office, if the Nutrient Standards are not met, the menus must be changed and brought into compliance with the Nutrient Standards.

BREAKFAST
GRADES K-12 AND THE 7-12 FOOD BASED OPTION
MINIMUM QUANTITIES & SERVING SIZES

Minimum Quantities for Food Based Menus Breakfast		
Meal Component	**K-12 Serving Size**	**Optional 7-12 Serving Size**
Milk (Fluid) As a beverage, on cereal, or both	8 fl. oz.	8 fl. oz.
Juice/Fruit/Vegetable Fruit and/or vegetable or full-strength fruit or vegetable juice	½ cup	½ cup
Select one serving from each of the following components or two from one component:		
***Grains/Breads** One of the following or an equivalent combination:		
Whole grain or enriched bread	1 slice	1 slice
Whole grain or enriched biscuit/roll/muffin, etc.	1 serving	1 serving
Whole grain, enriched or fortified cereal	¾ cup or 1 oz.	¾ cup or 1 oz. **Plus** an additional serving of one of the grains/breads above
Meat/Meat Alternate Meat, poultry, or fish (quantity of cooked edible portion)	1 oz.	1 oz.
** Yogurt	4 oz.	4 oz.
Cheese	1 oz.	1 oz.
Egg, large	½	½
Peanut butter or other nut or seed butters	2 tbsp.	2 tbsp.
Cooked dry beans or peas	1/4 cup	1/4 cup
***Nut and/or seeds (as listed in the program guidance)	1 oz.	1 oz.

*See the Grains/Breads Instruction for serving size information of other bread/grain products (Pages 9-2 to 9-7).

**4 oz. of plain or fruit-flavored yogurt = 1 oz. meat alternate.

***No more than 1 oz. of nuts and/or seeds may be served in any one meal.

LUNCH
FOOD BASED OPTION
MINIMUM QUANTITIES & SERVING SIZES
GRADES K-6 and the 7-12

Minimum Quantities for Food Based Menus Lunch		
Meal Component	**K-6 Serving Size**	**7-12 Serving Size**
Milk (Fluid) - As a beverage	8 fl. oz.	8 fl. oz.
Meat/Meat Alternate (quantity of the cooked edible portion as served)		
Lean meat, poultry, or fish	2 oz.	2 oz.
Cheese	2 oz.	2 oz.
*Yogurt	8 oz.	8 oz.
Egg, Large	1	1
Cooked dry beans or peas	½ cup	½ cup
Peanut butter or other nut or seed butters	4 tbsp.	4 tbsp.
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:		
Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz. of nuts/seeds = 1 oz. of cooked lean meat, poultry, or fish)	1 oz. = 50%	1 oz. = 50%
Vegetables/Fruits (2 or more servings of vegetables or fruits or both to equal the total requirement)	¾ cup plus extra ¾ cup over a 7-day period	1 cup
****Grains/Breads** Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup cooked rice, macaroni noodles, other pasta products or cereal grains	17 servings per week [1] Minimum of 1 per day Suggested average 2-3 per day	21 servings per week [1] Minimum of 1 per day ** Suggested 3 per day

[1] For the purpose of this chart, a week equals seven days.

*8 oz. plain or fruit-flavored yogurt = 2 oz. meat alternate

**See the Grains/Breads Instruction for serving size information of other bread/grain products.

Offer versus Serve (OVS) under Food Based and Traditional Menus

Unlike schools, OVS is optional for the RCCI at all age levels. However, many food service managers attest that students who are **required** to take all meal items are not guaranteed to **eat** it. Therefore, OVS may decrease students' meal waste because students are more likely to eat all of the food items they choose themselves. Students are allowed to take **smaller portions** of **declined** item(s); however, a reimbursable meal must contain the full serving size of the counted food items.

Guidelines for OVS under
Food Based and Traditional Menus

OVS Breakfast Program	**OVS Lunch Program**
❦ All four food items must be offered	❦ All five food items must be offered
❦ Serving sizes must equal the planned serving size	❦ Serving sizes must equal the planned serving size
❦ Students have the option of which item to decline	❦ Students have the option of which item(s) to decline
❦ Students may decline one item	❦ Students may decline one or two items
	❦ Students taking at least one bread serving are considered to have taken the bread component

NuMenus and Assisted NuMenus

With NuMenus and Assisted NuMenus, any foods in any quantity may be used to meet the Nutrient Standards, unlike Food Based Menus, where foods from specific components and in specific quantities must be planned.

NuMenus must be analyzed using a USDA approved software program. When averaged over a period of one week, the menus must meet the Nutrient Standards listed on page 1-2. For instructions on getting started on menu planning using a NuMenus system see Appendix C.

Menu Item Definition

In NuMenus, the menu planner is dealing with **menu items** instead of food components. A menu item may be a single food or combination of foods. In NuMenus, meals are required to have *at least three menu items* for lunch and for breakfast.

There are three categories of menu items:

✓Entrees
✓Milk
✓Side Dishes

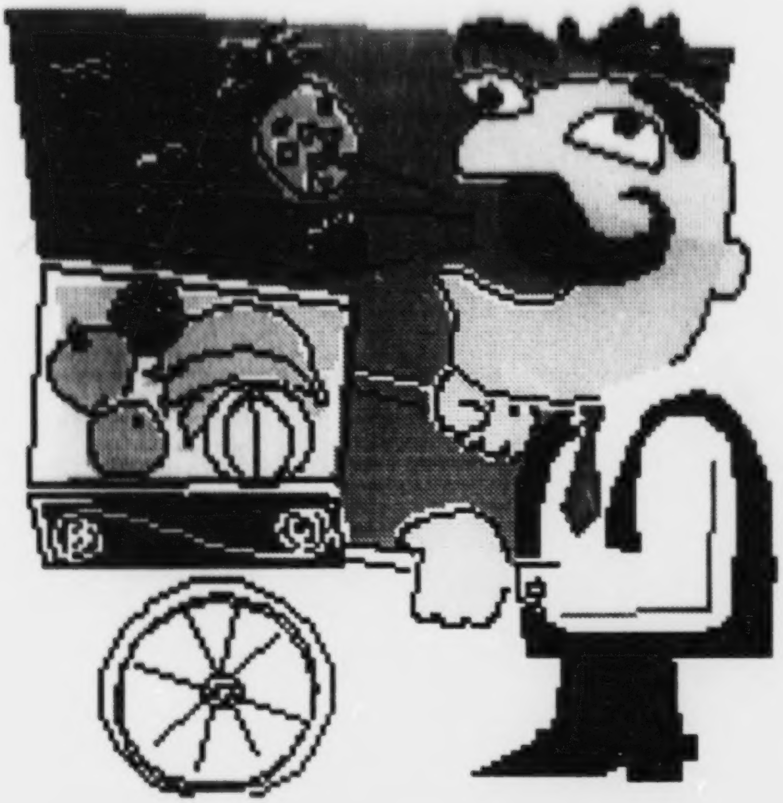
Lunch must include at least an entree, milk and one side dish. Breakfast must include milk and two other menu items. Breakfast does not have an entree. Condiments are not considered menu items, but must be included in the nutrient analysis. The determination of whether a food can be counted as one menu item or two depends on how it is **served** and written on the menu.

NuMenus	
One Menu Item	**Two Menu Items**
Hamburger Patty on a Bun with fixings	Hamburger Patty and Bun Fixings
Turkey and Gravy on Mashed Potatoes	Turkey and Gravy Mashed Potatoes
Taco Grande (Meat, Cheese, Tomato, Lettuce)	Taco Grande (Meat, Shell) Toppings (Cheese, Tomato, Lettuce)

Guidelines for Offer vs. Serve in NuMenus

In order to have a reimbursable lunch, three menu items must be offered and the student may select two items--one **must** be the entree. If more than three menu items are offered, the student may decline no more than two items.

At breakfast, there is no entree. Only one item may be declined no matter how many items are offered.



BREAKFAST

SUMMARY OF THE DIFFERENCES BETWEEN FOOD BASED AND NUMENUS

	Food Based	**NuMenus/Assisted NuMenus**
Menu Structure	3-4 components, at least 3 food items Traditional Meal Pattern	3 or more menu items 1 must be milk and any other 2 menu items
Nutrition Goals	¼ RDA for breakfast Dietary Guidelines for Americans Goals are age appropriate	Same as Food Based
Verification of Nutrition Goals	Not required to conduct a nutrient analysis, but must meet Nutrient Standards Nutrient analysis completed by State Agency Daily requirements for components	Weekly average nutrient analysis must meet nutrition goals
Age/Grade Groupings	Grade: Preschool, K-12 (7-12 optional)	Grade: Preschool, K-12 (7-12 Optional) or Age: 3-6, 7-10, 11-13, 14-17 or Custom Groupings
Creditable Items	Same as traditional pattern, with the addition of 1/2 cup yogurt creditible as 1 oz of meat/meat alternate.	All foods count (including desserts and condiments) except foods of minimal nutritional value unless these foods are combined with other creditable foods
Meat/Meat Alternate and/or Grains/Breads Alternate	1 oz. Each component or 2 oz. Meat/meat alternate or 2 oz. Grains/breads alternate	No specific requirement
Juice/Fruit/Vegetable	Same as old meal pattern (½ cup)	No specific requirement
Milk*	8 fluid oz. required 6 oz. Preschool	Must offer, but no required amount
Offer versus Serve	Same as traditional meal pattern, may decline any 1 food item	Milk must be offered Minimum of 3 menu items offered Minimum of 2 menu items selected May decline only 1 of the offered menu items (condiments are not considered menu items, so may be declined)

*If a specific type of milk represents less than one percent of the total amount of milk served in the previous year, it need not be offered.

LUNCH

SUMMARY OF FOOD BASED AND NUMENUS DIFFERENCES

	Food Based	NuMenus/Assisted NuMenus
Menu Structure	4 components, at least 5 food items Enhanced Traditional Meal Pattern	3 or more menu items (One must be an "entree"**and one must be milk)
Nutrition Goals	⅓ RDA for lunch Dietary Guidelines for Americans Goals are age appropriate	Same as Food Based
Verification of Nutrition Goals	Not required to conduct a nutrient analysis but must meet Nutrient Standards Nutrient analysis completed by StateAgency Daily requirements for components	Weekly average nutrient analysis must meet nutrition goals
Age/Grade Groupings	Grades: Preschool, K-6, 7-12 (K-3 optional) Lunch must have minimum of 2 grade groups for K-12	Grade: Preschool, K-6, 7-12 (K-3 optional) or Age: 3-6, 7-10, 11-13, 14-17, or Custom groupings Lunch must have minimum of 2 age/grade groups for K-12
Creditable Items	Same as traditional meal pattern except grain desserts count toward the grains/breads requirement. 8 oz. yogurt may now be credited as 2 oz. meat/meat alternate	All foods count (including desserts and condiments) except foods of minimal nutritional value unless these foods are combined with other creditable foods.
Meat/Meat Alternate	Same as old meal pattern, with the addition of yogurt creditable as 1-2 oz. of meat/meat alternate	No specific requirement
Vegetables/Fruits	Increased to: ¾ cup/day K-3 ¾ cup/day + additional ¾ cup/7 day week K-6 1 cup/day 7-12	No specific requirement
Grains/Breads	Increased to: 14 servings/wk K-3 (Based on a 7-Day Week) 17 servings/wk K-6 " " 21 servings/wk 7-12 " " Minimum of 1 per serving per day	No specific requirement
Milk*	8 oz. Variety 6 oz. Variety Preschool	Must offer, but no required amount Must offer variety
Offer versus Serve	Same as Traditional Meal Pattern, may decline any food item up to 2 items	Entree** must be offered May not decline entree Milk must be offered/may be declined Minimum of 3 menu items offered Minimum of 2 menu items selected If more than 3 menu items are offered may decline only 2 of the offered menu items (condiments are not considered menu items, so may be declined)

* If a specific type of milk represents less than one percent of the total amount of milk consumed in the previous year, it need not be offered.

**An entree is a menu item that is a combination of foods or a single food item that is served as the main course.

Are there advantages or disadvantages to any of the menu planning systems?

Advantages of NuMenus and Assisted NuMenus:

- You no longer have to serve 2 oz. of meat/meat alternate or any certain serving size. You serve your planned serving size and can serve anything you want except foods of minimal nutritional value, as long as your menus when averaged over a period of one week meet the Nutrient Standards. A list of foods of minimal nutritional value is found in Appendix E.
- All foods count in the nutrient analysis.
- You have more flexibility in menu planning.
- NuMenus may save you money since you do not have to serve as much meat. You may serve vegetarian meals, as long as the Nutrient Standards are met for the week.
- An advantage of Assisted NuMenus compared to NuMenus is the time saved on data entry and money saved in not having to purchase hardware and software.

Disadvantages of NuMenus:

- You need a computer, must purchase USDA approved software, and have computer skills.
- NuMenus takes considerable time up front but cycle menus save time in the long run.
- The disadvantage of Assisted NuMenus is that since someone else is planning your menus, you may not have as much flexibility or be able to make menu changes with short notice.

Food Based/Traditional Menus Advantages:

- Familiarity. Little extra training is required.
- A computer is not needed.

Disadvantage of the Food Based Menus are:

- When the menus are reviewed by the State, the Nutrient Standards will need to be met anyway, within a short time frame.
- The Food Based Menus may cost more since the 2 oz. of meat/meat alternate must still be served in addition to adding extra servings of grains/breads and vegetables/fruits. Many RCCIs have already been serving large portions of food, so the quantities required for the Food Based Menus may not represent major change.

Do not mix the two types of systems. The rules and guidelines for Food Based and Traditional Menus must not be applied to NuMenus and Assisted NuMenus.

Although the Nutrient Standards are the same for both systems, different guidelines are used to get to the Nutrient Standard.

If you use the menus provided in Appendix I, they can be used as Food Based or Assisted NuMenus.

How are emergencies and substitutions handled?

Occasionally it is necessary to make substitutions to a planned menu cycle due to various reasons, such as effective use of leftovers, food shortage or improper delivery/non-delivery from vendors.

If you must make a substitution, a similar food must be substituted. A similar food plays the same role in the meal—entree, milk, fruit/vegetable, bread, and is from the same food group. Keep in mind when making substitutions the following can occur:

- ✓ Substitutions may significantly change the nutrient content of your menu.
- ✓ Meals may no longer meet the Nutrient Standards

When food substitutions are made due to an emergency situation (i.e., food shortage), it is impractical for menu planners to revise menus and recalculate nutrient amounts, especially if the emergency arises at the end of the week.

If an emergency arises within a two week time period before an item on the menu is to be served, a substitution may be made without reanalysis. If the emergency arises outside the two week window, reanalysis is required and the Nutrient Standards must be met.

Can I Use Leftovers?

Leftovers may be used in all menu planning systems. For the effective use of leftovers:

- Freeze and re-menu when the item repeats itself in the cycle within a safe period.
- Reanalysis is not required if used within two weeks.
- Try to substitute for a similar food.

What if I cannot obtain the nutrient analysis of a product from the manufacturer?

If all attempts to obtain the nutrient analysis of a food have failed, you will need to substitute a similar item whose nutrient analysis is known until you can obtain the correct one.

Regardless of what system you use, Food Based or NuMenus, you must have the manufacturer nutrient analysis or nutrition label on file. You must provide the State Agency with the nutrient breakdown of all pre-prepared items you use in order that they may perform the nutrient analysis of your menus.

Food labels found on items purchased in the grocery store may be used for nutrient analysis. Saving the labels and attaching them to a page adjacent to your menus will make the preparation for a review easier.

Do I still need to keep production sheets?

Yes, you still must keep production sheets which show the menu, food, serving sizes, and amount of each food used, as well as the numbers of children and adults served. A prototype production sheet is included on page 5-9 to 5-12.

For production sheets to be meaningful you need to standardize your recipes and follow them exactly. You must know the serving size, how many servings each recipe makes, and serve exactly the planned amount.

More on Standardized Recipes

A standardized recipe provides a list of weighed/measured ingredients and a set of directions for preparation and service. These are necessary to prepare a menu item of consistent quality, consistent portion size, and consistent nutrient value. A form for standardized recipes is on page 1-16.

A standardized recipe contains:

1. **Ingredient List**
    - form
    - pack
    - measure or weight of each item
2. **Preparation Directions**
    - methods
    - times
    - temperatures for all cooking or baking
3. **Service Directions**
    - total yield
    - pan size
    - serving utensil
    - weight or measurement as served
4. **Recipe Name and/or Number**
5. **Testing**
    - In addition to all of the above, a standardized recipe must be tested, preferably by more than one preparer, for consistent quality and yield.

Benefits of Standardized Recipes

Benefits
- Quality control
- Portion control
- No substitutions
- Cost control
- Time savings
- Inventory control
- Consistent results

In addition to making it possible to have an accurate and valid analysis, a standardized recipe will benefit your Child Nutrition Program in seven ways:

1. ***Better quality control***

    - Consumers need to know that a product they like will be the same every time they select it.

2. ***Portion control***

    - Each consumer will receive the same size serving and therefore the same nutrients.

3. ***Fewer cases of "running out" and making substitutions***

    - Predetermining quantities of ingredients to order/purchase and yields of standardized recipes reduces running out of food and making substitutions to menus. Substitutions change the nutrient value of the meal.

4. ***Improved cost control***

    - With specified ingredients and quantities plus a consistent yield, food cost can be predetermined and controlled.

5. ***Time savings in food preparation***

    - If preparation directions are clear and concise and staff members will have confidence in the outcome when directions are followed. Also, time will be saved in evaluating and changing recipes every time the product is prepared.

6. ***Closer control of inventory***

    - A standardized recipe specifies the ingredients and quantities for the required yield so that cooks can order exactly what is needed.

7. ***Anyone with basic cooking skills can produce consistent results***

    - Less skilled employees who can follow directions can produce consistent results.

Standardizing Ingredients

Standardizing Ingredients
- Form
- Pack style
- Description
- Update substitutions

The *ingredient list* in a recipe must be clear and descriptive, or standardized.

- Form
  - Fresh
  - Frozen
- Pack style
  - Juice
  - Light syrup
- Description
  - Peeled
  - Bone-in
  - Boneless
  - Cooked or raw

Use a descriptive term before an ingredient to indicate the form or pack. Use a descriptive term after the ingredient to indicate preparation needed (chopped, shredded, etc.) Use weights, not measurements, whenever possible.

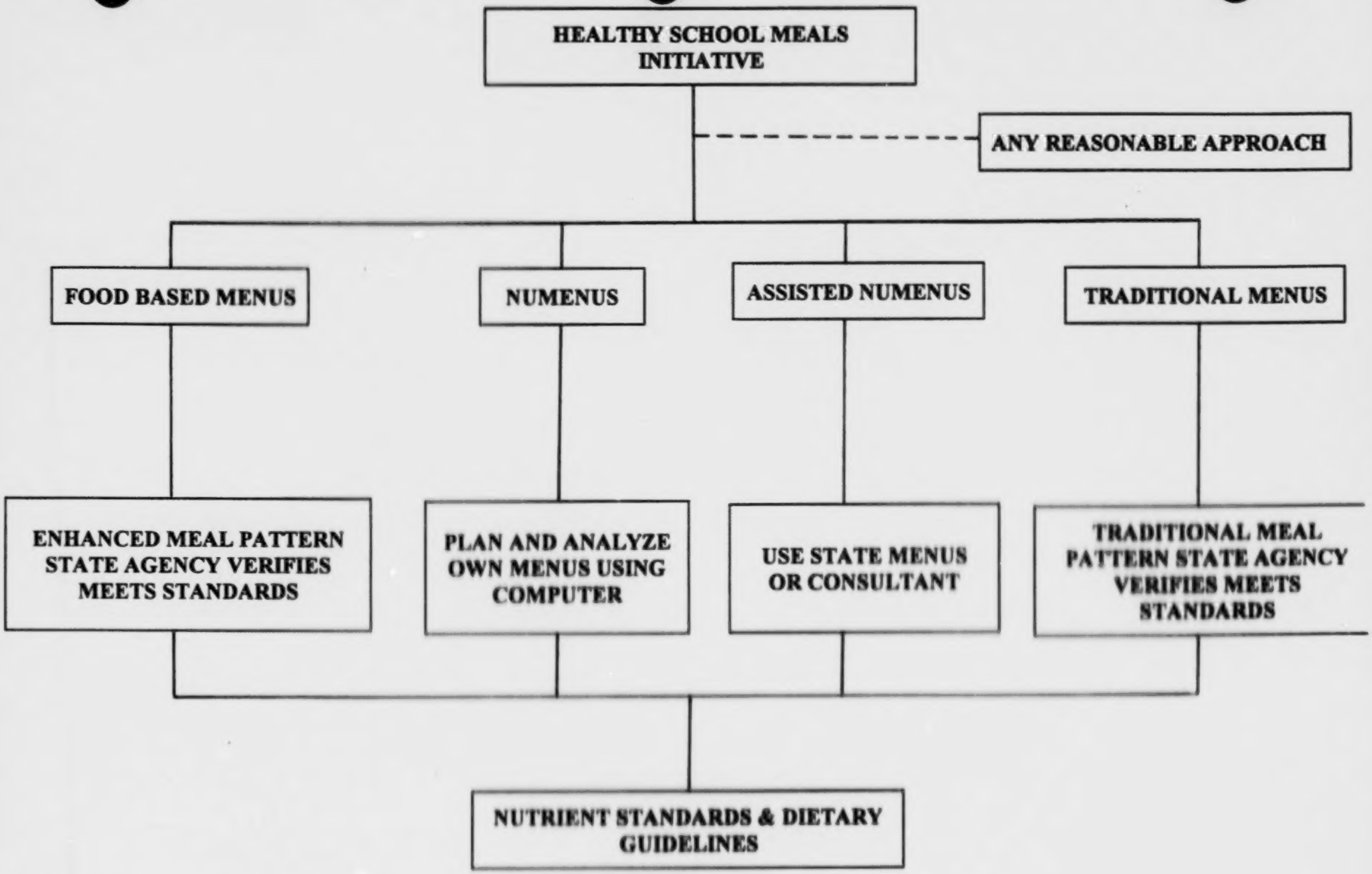
- Substituting may result in:
  - Variation of the end product
  - Variation in the nutrient value of the recipe.

For example, if you substitute whole wheat flour for part of the white flour in a recipe you will **improve** the fiber content of the recipe. Your recipes must reflect what is actually being purchased and used by the preparation staff. When changes occur, such as changing from **fresh** to **dehydrated** onions, that change must be noted in the standardized recipe and the nutrient database.

Standardized Recipe Form

Name of Recipe ________________________________

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		



HEALTHY SCHOOL MEALS INITIATIVE

ANY REASONABLE APPROACH

FOOD BASED MENUS

NUMENUS

ASSISTED NUMENUS

TRADITIONAL MENUS

ENHANCED MEAL PATTERN STATE AGENCY VERIFIES MEETS STANDARDS

PLAN AND ANALYZE OWN MENUS USING COMPUTER

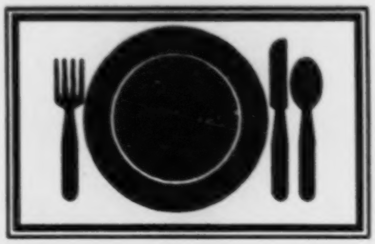
USE STATE MENUS OR CONSULTANT

TRADITIONAL MEAL PATTERN STATE AGENCY VERIFIES MEETS STANDARDS

NUTRIENT STANDARDS & DIETARY GUIDELINES

Chapter 2

Meal Planning



In this unit the RCCI can expect to learn the basics of planning school breakfast and lunch meals that qualify for reimbursement and meet the nutrition goals of the Dietary Guidelines for Americans and the RDA as these standards relate to Child Nutrition Programs.

You will be introduced to the "Trimming the Fat" method for approximating the Nutrient Standards (referred to in Chapter 1) with your menus.

Children learn better and behave better when they feel good. The surest way to nourish healthy children, who grow and develop to their maximum potential, is to make sure they are well fed. Healthy minds flourish in healthy bodies.

The Food Guide Pyramid, the Nutrient Standards (the RDA), and Nutrition and Your Health: Dietary Guidelines for Americans (commonly called Dietary Guidelines) are used to assure optimum nutrition. The Food Guide Pyramid is reproduced on the next page.

All agencies interested in well-nourished Americans support the Dietary Guidelines. This joint effort of professional societies and government agencies provides simple rules that can be used to measure the quality of planned menus.

The Dietary Guidelines say "what," and the Pyramid is a graphic that stresses "how much" all Americans should eat from the five food groups.

These are the Dietary Guidelines adapted to Child Nutrition:

- Offer a variety of foods.
- Serve meals that provide age-appropriate calories and encourage regular physical activity to maintain or improve weight.
- Offer meals low in fat, saturated fat, and cholesterol.
- Serve plenty of grain products, vegetables, and fruits.
- Use a moderate amount of sugar.
- Use a moderate amount of salt and sodium.

Applying these general principles when meals are planned offers assurance that children in the RCCI are provided meals that supply optimal nutrition.

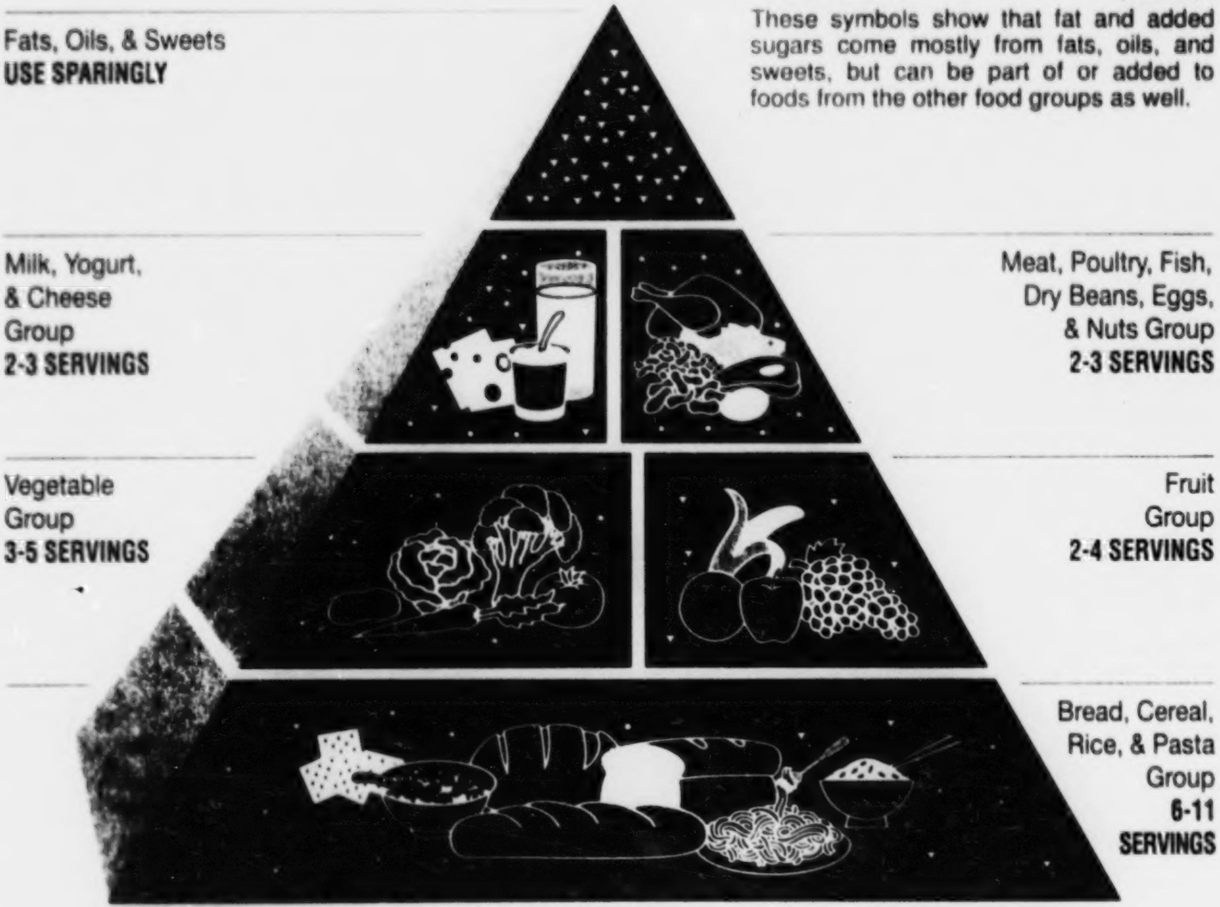
Food Guide Pyramid

A Guide to Daily Food Choices

KEY

▢ Fat (naturally occurring and added) ◪ Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Use the Food Guide Pyramid to help you eat better every day . . . the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

Planning with the Pyramid to meet the meal patterns

First and foremost, menus must be appealing. Nutritious, yes, but food nourishes only if it is eaten.

Next, all CN Program requirements for reimbursable meals must be met. Fortunately, and not coincidentally, the SMI is completely consistent with nutrition goals.

Children "eat" first with their eyes. How the food looks either stimulates or kills appetite.

Consider eye appeal in each meal plan:

★ complementing colors
★ variety of shapes
★ texture contrast

Picture the whole meal on the plate. The colors of beets on the same plate with spaghetti in tomato sauce is just as unappealing as baked fish with mashed potatoes. Baked chicken with Spanish rice and spaghetti with tossed salad are much better choices.

In a meal that includes mashed potatoes, tuna casserole, and applesauce, textures and shapes are too similar. A baked potato would be more appealing, with fresh apple slices for crisp texture. Take advantage of food shapes to make the presentation more interesting. Carrots, for example, can be served as rounds, cubes, shreds, or strips.

Consider variety:

✔ Flavors: Each menu should have some strong flavors, and some mild flavored foods. Broccoli and mashed potatoes, for example, or bagel sandwiches with fresh oranges.

✔ Temperature: Contrasts add interest to a meal—some cold foods, some hot; e.g., salad with casseroles and toast with cereal.

✔ Form: Favorite foods may be repeated more often when served in a different form; e.g., ground beef as hamburgers, tacos or pizza.

✔ Substance: Serve lighter foods with heavier dishes; e.g., slaw with beans and rice, fresh produce with Club sandwiches.

✔ Choices: Offering choices of two vegetables or two fruits makes the menu more acceptable to more people and encourages children to try small servings of new foods that are served along with their favorites. Alternate a variety of choices within a seven-day week of fruits and vegetables. Do not offer the same food item on the same day of the week. Offer fresh fruits and vegetables year round.

Consider equipment:

✎ Is refrigerator and freezer space available to store foods on the menus between trips to market?

✎ Are there too many dishes to go into the oven at one time or too many pans on the stove top?

Consider cost:

- Does the program have a realistic food budget?
- Is the food cost examined periodically?
- Are donated foods used wisely?

Cycle Menus

The SMI encourages cycle menus. Generally cycle menus are most efficient. A cycle is a series of menus planned for several weeks and then repeated, perfecting as the cycle is used. With cycle menus the meals can be varied, and costs can be controlled. The cycle menu can be revised if a problem is encountered with acceptability or preparation time.

Cycle menus make it possible to predict amounts to prepare, based on past experience. Preparation methods can be standardized to assure quality control.

A two-week menu cycle is practical in a residence where children stay for only a few days or weeks. A four-week, or more, cycle avoids monotony in residences that offer long-term care.

Most people enjoy different foods in different seasons. Seasonal cycle menus are most acceptable and take advantage of seasonal foods, which helps keep costs low.

Cycle menus are efficient, but it is important to be flexible enough to change the menu for special events and to make best use of donated and home-grown food. Menus should be altered and special meals planned before shopping for the rest of the cycle.

On the following pages are forms for practice in planning menus. Be sure to focus on using foods plentiful in season, using the Food Pyramid as a step-by-step guide. Make a list of donated foods in each section of the Pyramid (upper right), and plan how to use those foods first.

Blank forms on pages 2-5 and 2-6 have space for three meals a day for seven days or one week. Four copies of the form selected are needed to plan a four-week cycle.

Grains/Breads

The base of all meals will be the base of the Food Guide Pyramid, breads and cereals. Use as many whole grain products as possible. Whole grain is a good source of fiber and has 35 different vitamins and minerals. When grain is refined, fiber comes out, and all the vitamins and minerals are either lost or diminished. Enriching adds back only three vitamins and iron.

Fruits and Vegetables

On the next level of the Food Guide Pyramid are fruits and vegetables. Add fruit to breakfast and to one other meal, either lunch or dinner. When using fresh produce on a cycle menu, take advantage of price, availability, and home-grown seasonal produce, such as oranges and melons.

Offering choices of vegetables is especially important, so children learn to like a variety of vegetables. Again, take advantage of as many seasonal specials and locally-grown vegetables as possible.

Meat/Meat Alternate

Depending on the grain chosen, decide on a protein source—meat, poultry, fish, eggs, yogurt, peanut butter, cheese, or dry beans and peas—that will complement the breads and cereals in the meal. With the change in regulations, if you have chosen NuMenus or Assisted NuMenus, you no longer have to serve a meat or meat alternate as long as the nutrient standard for protein is met by the weekly average. You may now have some meatless days.

Milk

Finally, add low-fat milk for the beverage.

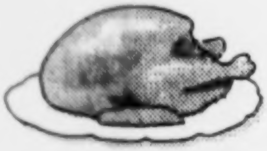
Other foods may be added to complete the menu. Specific foods may be needed to boost or reduce calorie level in a low-fat meal. Note: When planning the afternoon snack and dinner, remember to follow the same procedure to ensure that the total daily intake of food meets the Food Guide Pyramid.

After organizing your cycle menus, if using NuMenus or Assisted NuMenus, plan portion sizes to meet age-appropriate calorie goals (see pages 1-2, 1-5, and 1-6). If using Food Based Menus, specify portion sizes for reimbursable meals (see pages 1-5 and 1-6). Also, take into consideration those children who may have special needs or are on special diets.

The total daily needs for children can be met with foods in the dinner menu and planned healthy snacks added to the CN breakfast and lunch.

Remember to document price comparisons for small purchase procedures and save receipts for three years plus current year (see Chapter 3 on preparation and purchasing for more information).

If a program is being audited or investigated, the RCCI must retain records for the period in question until the audit or investigation is completed and closed out.



Sample Meal Planning Form

Note: dinner is not reimbursable. This form is included to help plan menus that are varied, balanced, and provide children with their daily nutrition needs.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

Traditional/Food Based Option

Cycle ________________ Week ___ RCCI:

	Monday			Tuesday		
Pattern	Breakfast	Lunch	Dinner*	Breakfast	Lunch	Dinner*
Grains/Breads						
Vegetables/Fruits						
Meat/Meat Alternate						
Milk						
Other						

	Wednesday			Thursday		
Grains/Breads						
Vegetables/Fruits						
Meat/Meat Alternate						
Milk						
Other						

	Friday			Saturday		
Grains/Breads						
Vegetables/Fruits						
Meat/Meat Alternate						
Milk						
Other						

	Sunday		
Grains/Breads			
Vegetables/Fruits			
Meat/Meat Alternate			
Milk			
Other			

*Dinner is optional here and not a reimbursable meal.

Checklist for evaluating menus

When a cycle has been completed, check the menus against the quality standards, as well as the Child Nutrition regulations. The following is a check list from USDA's *Menu Planning Guide for School Food Service* adapted especially for the RCCI.

Acceptability Characteristics

☛ Color - varied and compatible hues?
☛ Texture - combination of soft and firm, starchy and juicy, crunchy and mushy?
☛ Shape - all the same or different size pieces and shapes?
☛ Flavor - contrasting bland and tart, sweet and sour, mild and strong?
☛ Temperature - some hot and some cold foods?
☛ Are most of the foods popular with children and have a few new foods also been included, along with new preparation methods and less popular foods?

Identify High-Fat Foods

✗ Are high-fat foods in the same meal?
✗ Are high-fat foods served infrequently?
✗ Are preparation methods generally recipes that call for less fat?

Identify High-Sugar Foods

❦ Are high-sugar foods balanced with tart foods in the same meal?
❦ Are serving sizes of high-sugar foods smaller, and are those foods served less often, substituting naturally sweet foods such as fruits?
❦ Are food preparation methods that require less sugar used whenever possible?

Identify Salty Foods

◆ Are salty foods balanced with low-sodium foods in the same meal?
◆ Are the number of salty foods limited to moderate levels?
◆ Are food preparation methods used that require less salt?

Increase Fruits and Vegetables

◆ Are at least five servings of fruits and vegetables included every day?
◆ Is a good source of vitamin A included three or four times a week? (See page 2-10 for a list of foods high in vitamin A.)
◆ Is a good source of vitamin C included daily? (See page 2-11 for a list of foods high in vitamin C.)

Increase Grains and Breads

◆ Are several foods that are good sources of iron included every day? (See page 2-12 for a list of foods high in iron.)
◆ For Food-Based option, are the grains/breads requirements being met?

Special Needs

◆ Is there a plan to adjust for higher or lower calorie requirements of some children with special needs?

Requirements

○ Do all breakfast and lunch menus include all food items/menu items for reimbursable meals?
○ Do planned servings match the requirements for the RCCI's population?

Being Practical

✱ Are high-cost foods and meals balanced with economy foods?
✱ Have the menus taken advantage of donated foods?
✱ Do the menus take advantage of seasonal and home-grown foods?
✱ Is there room to store the foods that will be needed to prepare the menus?
✱ Does the kitchen have oven space and proper size cooking and serving utensils available for each meal?
✱ Will there be time to prepare the foods for each meal? Will it be possible to get everything ready for each meal by serving time?

Better Food Choice Chart

On the left is a list of favorite foods that are high in fat. On the right is one suggestion for a better choice. See **how many better choices you can add.** Use the list when you plan your menus.

High-Fat Favorites	Low-Fat Choice	Your Choices
Whole milk	Low-fat milk	
Cheddar cheese	Part-skim mozzarella	
Sausage	Lean ham	
Hot dog	Turkey wiener	
Batter-fried fish	Grilled fish	
Fried chicken	Barbecue chicken	
Supreme pizza	Cheese pizza	
Beef burrito	Bean burrito	
Finger steaks	Roast beef	
French fries	Baked potato	
Enchiladas	Tacos	
Fruit cobbler	Fresh fruit	
Croissant	Pancakes	

There are many choices that could be made. On the next page are a few of the additional suggestions you might have listed that provide approximately the same nutrients with less fat or less saturated fat than the high-fat choice.

Additional suggestions:

High-Fat Favorites	Low-Fat Choice	Additional Choices
Whole milk	Low-fat milk	Low-fat chocolate milk
Cheddar cheese	Part-skim mozzarella	Farmers cheese, low-fat cheeses
Sausage	Lean ham	Low-cholesterol eggs or egg whites, turkey, lean roast beef, mozzarella, peanut butter
Hot dog	Turkey wiener	Roast beef, lean pork, baked chicken, tuna, salmon, turkey
Batter-fried fish	Grilled fish	Tuna, salmon, baked fish, chicken, lean beef or pork, beans
Fried chicken	Barbecue chicken	Baked chicken, roast turkey
Supreme pizza	Cheese pizza	Seafood pizza; turkey, lean beef or pork, chicken or turkey sub, tuna on a bagel
Beef burrito	Bean burrito	Low-fat taco, low-fat burrito
Finger steaks	Roast beef	Any lean meat, poultry or fish, baked, grilled, or poached
French fries	Baked potato	Mashed or roast potato, potato pancake
Enchiladas	Tacos	Low-fat burritos, low-fat taco salad
Fruit cobbler	Fresh fruit	Canned or frozen fruit
Croissant	Pancakes	Waffles, muffins, pancakes, breakfast sandwich

Vitamin A: Where to Find It

Best Sources

Carrots
Pumpkin
Sweet Potatoes
Spinach
Eggs (yolk)
Peppers, sweet red
Mangos

Good Sources

Cantaloupe
Cheese, cheddar
Mustard greens
Collard greens
Apricots, fresh
Romaine lettuce
Apricots, dried
Prunes, dried
Broccoli

Fair Sources

Peppers, green
Tomatoes
Asparagus
Peaches, raw
Oranges, fresh
Cherries, red sour
Orange juice
Squash
Chard

Menu Planning Tips to Increase Vitamin A Intake

1. Plan one vitamin A food in breakfast or lunch menus every day or at least three times per week.

2. Check the brand of milk you serve to see if it is vitamin A fortified.

3. Choose fruits and vegetables high in vitamin A for their eye appeal. Is the lunch plate colorful?

4. Plan mealtime food preparation activities for children's participation to encourage acceptance of new foods high in vitamin A.

Vitamin C: Where to Find It

Best Sources

- Peppers, red
- Broccoli
- Brussels Sprouts
- Peppers, green
- Peppers, chili
- Papaya
- Strawberries
- Oranges, fresh
- Lemons
- Orange juice
- Cauliflower
- Cantaloupe
- Apple Juice, vitamin C fortified
- Grape Juice, vitamin C fortified

Good Sources

- Tangerines
- Grapefruit, juice
- Collard Greens
- Honeydew Melon
- Raspberries, red
- Tomatoes, fresh
- Cabbage
- Tomato, juice

Fair Sources

- Pineapple, raw
- Potato, w/skin, baked
- Spinach
- Turnips
- Asparagus
- Squash
- Watermelon

Menu Planning Tips to Increase Vitamin C Intake

1. Plan a high vitamin C food in breakfast, lunch or snack menus every day.
2. Prepare fresh fruits and vegetables as often as possible to take advantage of the interesting shapes and bright, natural colors of the foods.
3. Plan menus to combine high iron foods with high vitamin C foods to get the most iron available.
4. Plan mealtime preparation so vitamin C foods can be prepared only a short time before meal service to preserve most of the vitamins. If prepared in advance, cover tightly and refrigerate until serving.

Iron: Where to Find It

BEST SOURCES

Dried beans, peas, legumes
Meats (lean beef, pork, lamb)
Sardines, oysters, clams, shrimp
Cereals, infant, iron fortified
Cereals, ready-to-eat, iron fortified
Cereals, cooked, iron fortified

GOOD SOURCES

Dark green leafy vegetables
Eggs (yolk)
Whole grain/enriched breads
Wheat germ
Apricots, dried

FAIR SOURCES

Dark orange vegetables
Green peas
Dried fruits
Prune juice
Apricots
Bean sprouts
Baked potatoes
Chicken and turkey
Fish (tuna, mackerel)
Peanut butter

Menu Planning Tips to Increase Iron Intake

1. Add small amount of meat to soups, stews, legume dishes, and sandwiches to increase the iron absorbed from vegetables and grains. Example: the meat and tomatoes in chili help us absorb more of the iron from the beans.

2. Serve high vitamin C fruits/vegetables/juices with cereal, breads, eggs or legumes in the same meal to increase iron absorption.

3. Cook acid foods such as spaghetti sauce and chili in iron skillets or pans to increase iron intake.

4. Think of a new bean dish to serve each week. Legumes are economical and a source of protein, iron, fiber, complex carbohydrates, vitamins, and minerals.

5. Tomatoes on a sandwich will increase iron absorption.

ANALYZING YOUR MENUS

When choosing either the Traditional or Food Based Menu Planning System, you are not required to do a computer analysis of your menus. However, it is highly recommended that you do check your menus to ensure they are meeting the Nutrient Standards. This will assist your RCCI in having fewer modifications at the time of your review by the State Agency and will show your commitment to providing healthy school meals to your students. If you have chosen Assisted NuMenus or NuMenus, this section will not be applicable since you will have computer analysis of your menus available for review.

TRIMMING THE FAT

The "Trimming the Fat Reference Guide" is the recommended resource for assessing your menus, if you are using the Food Based Menu Planning System. You can order a "Trimming the Fat" reference guide from your State Agency.

STEPS TO FOLLOW

1. Do exercise on calculating percent of calories from fat and grams of fat.
2. Enter a week of menus on the Modified Menu worksheet.
3. On worksheet, enter values for calories, grams of fat and grams of saturated fat for each food item using food composition tables or food labels.
4. Modify your menus until they have sufficient calories and do not exceed 30% of calories from fat and 10% of calories from saturated fat.
5. Complete the "Trimming the Fat" check sheet.

LEARNING GOALS

In these exercises, you will have hands-on practice to apply the knowledge you have obtained in this chapter. When completed, you will be able to:

- Enter menus and analyze them for adequate calories, nutrients, and components/items based on the age/grade groupings you are serving.
- Modify menus that do not meet these requirements by increasing calories and/or decreasing fat.
- Request nutrition information from vendors and use it in your menu analysis process to ensure the analysis is accurate and complete.
- Use the USDA Quantity Recipes and food component information to determine the levels of calories, fat, and saturated fat.

KEY POINTS

- Providing adequate calories and keeping the fat content of the meals at or below 30% are the two most common problems experienced with the menus currently used. These Nutrient Standards must be met based on the age/grade grouping(s) you serve.
- Obtaining and using accurate and complete nutrition information is necessary in order to have an acceptable nutrient analysis of your menus. This will ensure you are providing your children with the needed nutrients for optimum growth and development.
- This analysis process will help you to streamline the State review process and minimize the need for major modifications with the review. It will also give you the credibility to support your public image for the meals you are providing for your children. See Chapter 8, "Preparing for a Review", page 8-4.

SEVEN-DAY WEEK MENU

School: ______________________ Week ______________________

Monday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Tuesday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Wednesday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Thursday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

SEVEN-DAY WEEK MENU

Friday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Saturday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Sunday's Menu		Meal Component				Nutrients		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS								

Weekly Summary	Check Good Sources			Nutrients				
	Vit A 3/Wk	Vit C 5/Wk	Fiber 41g/Wk	Cal.	Fat (g)	% Cal From Fat	Sat. Fat (g)	% Cal From Sat. Fat
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
TOTAL								
Average								

TRIMMING THE FAT - CHECK LIST FOR RCCI'S

1. Do the menus meet the required components? ( ) yes ( ) no
2. The weekly total of calories is ____________
3. The daily average of calories is (total ÷ days) = ________ calories per day
4. Does the daily average of calories meet the minimum calories for the students you serve? ( ) yes ( ) no
5. The weekly total of fat grams is ________.
6. To determine the daily average percent of calories from fat, use the formula below:

   ________________ x 9 calories per gram = __________________ ÷ ________________ x 100 to give ________________%

   weekly total fat grams / weekly total fat calories / weekly total calories / percent calories from fat

7. Is this week's average at or below 30% calories from fat? ( ) yes ( ) no
8. The weekly total of saturated fat grams is _________.
9. To determine the daily average percent of calories from saturated fat, use the formula below:

   ________________ x 9 calories per gram = __________________ ÷ ________________ x 100 to give ________________%

   weekly total sat. fat grams / weekly total sat. fat calories / weekly total calories / percent calories from sat. fat

10. Is this week's average less than 10% of calories from saturated fat? ( ) yes ( ) no
11. Do menus meet the nutrient requirements of five good vitamin C sources per week? ( ) yes ( ) no
12. Do menus meet the nutrient requirements of three good vitamin A sources per week? ( ) yes ( ) no
13. Do menus meet the fiber recommendations of six grams or more per day or 42 grams per week? ( ) yes ( ) no

ASSUMPTION: An RCCI week equals 7 days.

MODIFIED MENU WORKSHEET

DISTRICT: ________________

WEEK OF: ________________

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MONDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

TUESDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

WEDNESDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

THURSDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

FRIDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

SATURDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

SUNDAY

ORIGINAL MENU		MEAL COMPONENT				NUTRIENTS			MODIFIED MENU		MEAL COMPONENT				NUTRIENTS		
Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat	Food Item	Serv. Size	MK Serv.	MT Oz.	F/V Cup	G/B Serv.	Cal.	Fat	Sat. Fat
TOTALS									TOTALS								

WEEKLY SUMMARY	CHECK FOR GOOD SOURCES			NUTRIENTS				
	Vit. A 2/Week	Vit. C 3/Week	Fiber 30g/Week	Calories (Cal.)	Fat (g)	% Cal. From Fat	Sat. Fat (g)	% Cal. From Sat. Fat
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
TOTAL								
**Week Averages								

**To get the Week Averages - divide totals by number of days in the week being analyzed.

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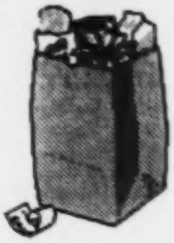
PRODUCT/REC[illegible] EVALUATION

Product/Recipe Name	Brand/Code Vendor Recipe Number	Serving Size	Cal	Total Fat (g)	Sat. Fat (g)	Pro (g)	Ca (mg)	Iron (mg)	Vit A (RE)	Vit C (mg)	Chol (mg)	Fiber (g)	Sodium (mg)

Chapter 3

Food Preparation and Purchasing



In this unit you will learn ways to reduce fat in food preparation, the use of herbs and spices and garnishes. The purchasing section explains comparison shopping, nutrition labels, and the accounting system for food and supplies.

Preparing meals requires careful planning if all dishes are to be served on time, at the correct temperature. The first step is to read through recipes that will be used to prepare dishes on the menu. Note the preparation time needed for each dish, and develop a schedule. An experienced cook may plan timing mentally, but a few quick notes can be a help. Assemble all ingredients and utensils needed before starting each dish. Efficient use of time requires overlapping as many preparation steps as possible.

Ways to Reduce Fat in Food Preparation

Look at the smallest section of the Food Guide Pyramid, the fats, oils and sweets. Notice that these ingredients should be used sparingly throughout the preparation of grains and breads, vegetables, meats, and dairy products. Here are some ways to use smaller amounts of fats and oils, replace saturated fat with more healthful oils, and reduce cholesterol:

In Breads

- Put oil in a spray bottle and spray a little on bread before toasting.
- Collect recipes that are low fat and include fruit for moistness and whole grains for nutrition.
- Replace shortening with vegetable oil and reduce the amount used in recipes by one-fourth.
- Substitute two egg whites for one egg for half the eggs in recipe.
- Use non-sticking spray in baking pans; be stingy—one spurt is enough to prevent sticking.
- Serve cake with pudding or fruit topping instead of frosting.
- Use a light glaze instead of frosting on cinnamon rolls, cookies, and cakes.
- Offer lean ham on a bun instead of sausage and biscuit for breakfast.
- Substitute cinnamon toast for cheese toast.
- Shop for newer mixes and baked products that are low in fat.

- Brush breads with milk instead of butter before baking to improve browning.

In Vegetables

- Cut in half the amount of fat added to season cooked vegetables. (All fat used must be included in the nutrient analysis.)
- Thicken vegetable soups with mashed potato instead of cream sauce.
- Offer salsa with greens and salads and cut back on fat.
- Use lean ham instead of pork fat to season vegetables.
- Cook greens with ham stock instead of pork fat.
- Use half as much mayonnaise as previously, or use reduced-fat mayonnaise.
- Mix plain nonfat yogurt with mayonnaise for meat salads and potato salad.
- Use mustard and ketchup instead of mayonnaise as spreads for sandwiches.
- Try the newest versions of low-fat and fat-free salad dressings and mayonnaise.
- Make tartar sauce with a combination of yogurt and reduced-fat mayonnaise.
- Mix dry-base salad dressing with a combination of nonfat yogurt, reduced or fat-free mayonnaise, or non-fat sour cream. Good on baked potato as well as salad.

In Meats, Poultry & Fish

- Roast, broil, or grill tender meats, poultry and fish.
- Skin poultry before cooking.
- Trim all visible fat from meat before cooking.
- Substitute part ground turkey in ground beef recipes.
- Serve lean ham for breakfast instead of bacon or sausage.
- Pre-cook sausage and ground beef, and drain off all fat before using in any recipe.
- Use water-pack tuna instead of fish packed in oil.
- Serve only reduced-fat hot dogs and lunch meats.
- Make pizza with lean ham and part-skim mozzarella cheese.
- Make gravy with reduced stock, no added fat.
- Reduce ground beef in some recipes and add more beans. Substitute ground turkey.
- Oven-bake chicken with a crisp coating, in barbecue sauce, or with stuffing.
- Bake fish in crisp coating or low-fat sauces that are family-approved.
- Skip the heavy breading and batter when food is fried. Coating soaks up more fat than the meat does.

In Dairy and Egg Dishes

- ☐ Substitute two egg whites, which are fat- and cholesterol-free, for one whole egg.
- ☐ Use part-skim mozzarella, which has half the fat of cheddar cheese.
- ☐ Use sharp cheeses, which have more flavor, and reduce amount used in recipes.
- ☐ Boost cheese flavor with enhancers, such as dry mustard and lemon.
- ☐ Make pudding with skim milk and leave out the butter.Use inexpensive and shelf-stable dry skim milk for all cooking and baking.
- ☐ Use inexpensive and shelf-stable dry skim milk for all cooking and baking.
- ☐ For fruit dip and toppings, blend cottage cheese until smooth and mix with honey and orange juice concentrate.

Herbs and Spices

Fat gives food flavor. That is why people like fatty foods. When fat is reduced in food, the natural flavor of good food can be enhanced with inspired use of herbs and spices.

Children like foods that are seasoned in the traditions of their own ethnic heritage. Serve those seasonings on the side to groups of different heritage so all children can season food to their own tastes.

Truly creative cooks use herbs and spices to enhance their dishes and give every food a certain individual flair. Cooking with herbs and spices requires only a little experimentation.

Preparing a couple of basic blends is one way to get started. The first one is a dessert spice blend for sweets:

Sweet Spice Blend
½ cup ground cinnamon
¼ cup ground ginger
½ cup ground nutmeg
2 Tbsp ground allspice
2 Tbsp ground cardamom
1 Tbsp ground cloves

Mix ingredients together and store in tightly closed jar. Use in cakes, cookies, fruit breads, muffins, pancakes, fruit desserts, or sprinkle on toast.

The next one is an all-purpose herb seasoning for meat and vegetable dishes:

Herb Seasoning Blend
½ cup dry mustard
3 Tbsp onion powder
½ cup paprika
3 Tbsp garlic powder
3 Tbsp ground thyme
3 Tbsp white pepper
1 Tbsp dried, ground basil

Mix well and store in covered jar. Use to season soups and stews, mixed vegetables, ground beef dishes, chicken, pork, and fish.

Basic blends only provide a beginning. On the next two pages are two charts showing some of the many herbs and spices available, with suggestions for their use.

Herbs and Spices and Their Uses

Herbs	Description	Uses
Basil	Mild leaf, used fresh or dried	With tomato in meat and egg dishes, in salad, soup, pasta
Bay leaf	Pungent dried leaf of laurel tree	In soups, chowders, stew, fish, tomatoes, dry beans, meat dishes
Caper	Pickled flower buds, strong flavor	In fish sauces and salad dressing
Cayenne	Hot red pepper, dried and ground	In meats, stews, sauces, and salad dressing
Celery seed	Seed from parsley-family plant	Widely used in meats, stews, sauces and salad dressing
Chili powder	Ground pepper pods in blend	In chili con carne and Mexican dishes
Cilantro	Leaves of mild parsley-like plant	Widely used in meats, stews, and salad dressing
Coriander	Dried fruit of cilantro plant	In poultry and stuffing, with pork, in green salad
Cumin	Dried ground fruit, parsley-family	Ingredient in curry and chili powders, in soups, cheese spread, eggs
Curry	Mixture of herbs and spices	In stews, rice, salad dressing and dips, cheese sauce, fruit compote
Dill weed/seed	Leaf is mild, seed sharp	In pickles, sauces, salad, soup, stews, vegetables
Garlic	Pungent tuber	In red meats, salad dressing, spaghetti and lasagna, garlic butter
Jalapeno	Hot green peppers	In meats, vegetables, breads, cheese, dips and dressings
Lemon	Essence (rind) and juice	In fish, chicken, vegetables and salads
Mint	Mild leaf, used dried or fresh	In beverages, with lamb, in sauces
Mustard	Pungent, dried ground seeds	In meat, sauces, salad dressing
Oregano	Dried leaves of mint-family plant	In Italian cuisine, tomato sauces, pork and egg dishes
Paprika	Mild, sweet red pepper	Shellfish, salad dressing, potato dishes, canape spreads, as garnish
Pepper, black	Dried, ground berry	In meats, fish, poultry, vegetables, salads
Pepper, white	Berry with outer coating removed	Same as black pepper, but milder in flavor
Saffron	Dried crocus-like flower	Used mainly for yellow color, very expensive
Sage	Pungent leaves of mint-like shrub	In poultry stuffing and sausage
Savory	Fresh or dried, leaves and flower	In soups, stews, salads, sauces
Tarragon	Aromatic herb leaves	In vinegar and salads, fish sauces
Thyme	Dried or fresh leaves	Stew, salad dressing, cheese dishes, tuna, chicken, tomato, and rice
Tumeric	Slightly bitter, aromatic root	Used in curry powder, meat and egg dishes

Keep this page handy for reference and add ethnic herbs that are popular with your population.

Herbs and Spices and Their Uses

Spices	Description	Uses
Allspice	Flavor like spice mix, small dried berry	In pickling, in cakes, cookies, pies
Anise	Licorice flavor, small dried fruit	In cakes, breads, cookies, candy
Caraway	Dried fruit of parsley-family plant	In breads (especially rye), rolls, cookies
Cardamom	Mild, dried fruit, whole or ground	In breads, cookies and cakes, preserves
Cinnamon	Inner bark from cinnamon tree	Whole sticks in fruit, ground in cakes, cookies, pies, pudding
Cloves	Aromatic dried flower buds	Whole in pickling, pork, ground in cookies, cakes, pudding
Ginger	Strong-flavored root from iris-like plant	Root in Oriental cuisine and fruit, ground in baked products
Mace	Outer coat of nutmeg kernel, mild flavor	Same as nutmeg, but more subtle
Nutmeg	Pit of nutmeg fruit, aromatic, slightly bitter	Whole or grated in doughnuts, eggnog, pudding, cakes
Poppy seed	Dry seeds of the poppy plant	Whole on rolls or filling for buns
Sesame seed	Small, flat, oily seeds	On rolls and breads, in cookies and salads

Keep this page handy for reference and add ethnic spices that are popular with your population.

Many herbs are common plants seen growing in gardens and available in the fresh produce section of the supermarket. The illustrations that follow will help with identification:

BAYLEAF

DILL

ROSEMARY

Garnishes

Garnishes are the finishing touches to a meal. Garnishes are to food what accessories are to an outfit. The garnish can be as simple as a dash of paprika on each serving of cauliflower or as elaborate as a tomato rose on a bed of endive on each plate.

A garnish should—

- complement the flavor of the food it decorates
- be simple and easy to prepare
- be edible

The garnish need not be something added. It can be the way the food is served. Piping mashed potatoes around beef tips will make both meat and mashed potatoes look more appetizing. The choices are limited only by imagination, so choose from whatever is at hand, based on time and budget. Following are some ideas:

- Carrot strips, curls, or pennies
- Celery curls or tops
- Sliced cucumber, peeled or unpeeled and scored with fork tines
- Lemon wedge or slices, fanned or twisted
- Orange wedge or slices
- Green or red pepper rings, strips, or chopped pieces
- Pineapple cubes, slices, or chunks
- Red cabbage shreds
- Beet slices
- Paprika
- Cinnamon sprinkles
- Parsley sprig or mint or lemon balm or any other herb
- Peach slice, chunk, or half
- Apple, with or without peel, slice, chunk, or ring
- Coconut and nuts, chopped or whole
- Bread crumbs, croutons
- Raisins, grapes
- Pickle strips, cubes, slices
- Cherry tomato, tomato wedges or slices
- Pimento
- Cherries or berries
- Whipped topping
- Hard-cooked egg, grated, sliced, or wedged

More Elaborate

The following garnishes take a little advance preparation but are well worth it:

Cucumber frog - Cut a two inch wedge out of one end of the cucumber. On top of the cucumber above the wedge scrape the green off in two circles to make the eyes. Submerge the frog in cut up fruit or vegetables.

Onion fans - Use long green onions. Cut off root end. Remove most of green top. Make long slashes at both ends for a fringe effect. Put in ice water for about two hours to curl.

Radish accordions - Trim ends of long narrow radishes. Cut 8 or 10 narrow crosswise cuts 1/8" wide in each radish, cutting partly through the radish. Put in ice water for at least two hours so slices fan out.

Carrot curls and zigzags - Make thin, lengthwise slices with vegetable peeler. For curls roll up and secure with wooden toothpick. For zigzags, thread on toothpick accordion style. Crisp at least two hours in ice water.

Chocolate curls - Use a bar of sweet chocolate at room temperature. Shave into curls using a vegetable peeler.

Purchasing

Shopping for groceries is a task most homemakers relish. They enjoy the challenge of selecting the best quality foods at the best price with the highest nutritional value for meals.

RCCI personnel also keep records that show they selected the best foods at the best price and that they complied with federal procurement guidelines. These records are useful in more ways than documentation. Records show where to make adjustments if the food budget should be exceeded.

To develop the market order, the ingredients needed for the menus planned should be listed, using the production record. Then make an informal inventory to check the stock on hand. Then make a shopping list of additional foods that will be needed.

Probably the best way to conform to the guideline that food items be bought at the "lowest possible cost" is to make a supermarket price comparison three or four times a year. The federal procurement guidelines (7 CFR 210.21) require that prices be compared in "an open and freely competitive market." Grocery advertisements are not necessarily a reliable indication because advertised leader items can be misleading. Those bargains do not reflect everyday prices, which make up the bulk of RCCI buying.

On the next page is a tool for comparison shopping with an example showing how to use the form. The example lists a sample market basket of common foods. Price comparisons from three different stores show overall pricing trends.

Make a copy of the blank form and list some of the standard items purchased every week. Then visit the stores and compare prices. Make a similar comparison three or four times a year, and keep results on file to document implementation of the procurement guidelines.

Another guideline deals with conflicts of interest; for example, buying from the supermarket that a relative happens to manage. Any facility that gets taxpayer dollars is subject to the closest possible scrutiny, and it is best to avoid even the possible appearance of favoritism or conflict of interest.

Every RCCI participating in the National School Lunch/Breakfast Program also must conduct a formal, annual inventory of purchased food and expendable supplies. The dollar value of the inventory is reported as an asset on your nonprofit institution's annual financial statement. When the first in/first out (FIFO) method is used, it is easy to check back to the last receipts for purchase prices.

After deciding which store to buy from, compare the price of the different brands and sizes of the product. Some supermarkets publish this information on the shelf tag, giving the "per unit" price. If that information is shown, it is possible to make comparisons.

Divide the price by the number of servings in the package shown on the Nutrition Facts Label. Except in the case of specials, the largest package usually has the lowest per serving cost. Store brands generally are less expensive than name brands but may be equal in quality. Generic items are the least expensive, though the quality may not be the same.

Food Pricing Comparison Form

Food as Purchased	Purchase Unit	Supplier		
		Store A	Store B	Store C
Apples, Red Delicious	3 lb. bag	$2.99	$1.79	$3.29
Broccoli, Fresh	Bunch	$0.79	$1.29	$0.99
Lettuce, Head	Head	$0.79	$0.88	$0.99
Bananas	1 lb.	$0.59	$0.59	$0.33
Green Beans, Delmonte	#2 ½ can	$0.89	$0.79	$0.79
Fruit Cocktail, Store Brand	#2 ½ can	$0.89	$0.99	$0.89
Tomato Paste	6-oz can	$0.39	$0.35	$0.33
Beef, Ground	1 lb.	$1.26	$1.29	$1.39
Chicken Breasts	3 lb.	$0.99	$1.29	$1.33
Wieners, Oscar Meyer, Beef Chicken or Trukey	16-oz pkg	$1.99	$2.09	$2.05
Eggs	1 dozen large	$0.79	$0.99	$0.69
Milk	1 gallon	$2.49	$2.39	$1.89
Bread, Colonial, Whole-Wheat	18-oz loaf	$1.79	$1.59	$1.79
Cereal, Kellogg's, Cornflakes	27-oz box	$1.89	$2.39	$2.29
Mayonnaise, Kraft, Low-fat	1 quart	$1.89	$1.79	$1.77
TOTALS		$20.42	$20.50	$20.81

Date 5/25/97 Shopper Signature ______________________________

Food Pricing Comparison Form

Food as Purchased	Purchase Unit	Supplier		
TOTALS				

Date _________ Shopper Signature ________________________________

Nutrition Labels

The best buy depends not only on price but also on the nutrition content of foods. A nutrition label, reproduced on the next page, must be on all processed foods. The Nutrition Facts Label shows amounts of nutrients that are in that particular food and provides other information that is significant.

The nutrient content given is per serving. Serving sizes are the amounts most people eat, and the serving size is standardized for all foods of the same type. This makes it easy to compare nutritional qualities among foods of the same type.

The Daily Values on the label are based on an intake of 2000 calories per day. Small children will eat less than the serving size shown and fewer than 2000 calories, while teenage boys will eat more. However, the real purpose of the Nutrition Facts Label is so that foods can be compared and each food examined for the qualities that matter to the health of children—fat, saturated fat, cholesterol, sodium, sugar and fiber. The calorie values are helpful when selecting low-fat and low-calorie items for children who want to control weight.

Nutrition labels are not required on fresh produce, though some stores do post Nutrition Facts at the counters where these fresh foods are sold. Fresh vegetables and fruits are natural—not processed, and are loaded with vitamins, minerals, and fiber. They contain little or no fat and salt. Fruit has a little natural sugar.

Cured and processed meat must have a nutrition label, but fresh meats do not. Some stores do label their fresh packaged meat, and some post helpful Nutrition Facts near the meat counter. Meats are excellent sources of protein, minerals, and some vitamins, but fat content varies widely. The best policy when buying fresh meat is to select those kinds and cuts that are lean.

When looking for whole grain products, the product name may be misleading. Breads and crackers can be made primarily with refined flour and yet have "wheat," "whole-grain," or "fiber" in the name. By looking at the ingredient list, you can tell what the main (first) ingredient is--and often it will show enriched wheat flour--that is the refined type. Instead, use the ingredient list and look for products that list whole wheat flour as the first ingredient.

Also just because foods have the word "fruit" or "meat" or "cheese" or "vegetable" in the name does not make it so. Fruit candy, meat pies, and vegetable casseroles often contain only tiny amounts of the ingredient in their name. It pays to read the list of ingredients and pay attention to the order in which they are listed.

Nutrition Label

Nutrition labels provide up-to-date, easy to use nutrition information and are designed to help plan a healthy diet that meets the Dietary Guidelines.

Consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat, for example), rather than too few vitamins or minerals, as in the past.

Nutrition Facts

Serving Size ½ cup (114 g)
Servings Per Container 4

Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 300mg	**13%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%

* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:
Fat 9 ◆ Carbohydrate 4 ◆ Protein 4

Calories from fat are now shown on the label to help consumers meet Dietary Guidelines that recommend people get no more than 30 percent of their total calories from fat.

% Daily Values show how a food fits into the overall daily diet.

Some Daily Values are maximums, as with fat (65 grams or less); others are minimums, as with carbohydrate (300 grams or more). The Daily Values for a 2,000 and 2,500 calorie diet must be listed on the label of larger packages. Individuals should adjust the values to fit their own caloric intake.

BEST COPY AVAILABLE

Grocery Receipts

An RCCI is a small business, and like any business, it must keep accounts. The accounting system needs an easy way to record grocery purchases and keep those grocery items separate from supplies, such as cleaning and paper products that also are bought in the supermarket.

Most supermarkets show every item on the cash register receipt. Separate the food items from non-food items. Ask the checkout clerk to scan all the food and subtotal those items, then scan all the supplies and figure the total, as shown.

THANKS FOR SHOPPING
STORE X
Store #0000
THU 10/12/9x

RNC SPAG	.45
WIENER	1.69
PORK LN CHOP	4.01
LETTUCE	.88
BANANAS	
1.6LB @ $1.00/3LB	.53
EGGPLT	
1.11LB @ $.99/LB	1.10
SUBTOTAL	$8.66
BORATEM BLCH	1.89
BRAWNY TOWEL	.89
SLSTAX	.69
TOTAL	$12.13

Occasionally the receipt does not show the necessary detail for every item purchased. Reduced-price meat is one example. Products from the in-store bakery or deli often appear simply as "BREAD" or "DELI." In such cases, attach the receipt to a piece of paper and add the detail: "reduced-price round steak," "whole-grain bagels," or "1 lb coleslaw," as the case may be.

THANKS FOR SHOPPING
STORE X
Store #0000
THU 10/12/9x

LETTUCE	.88
BANANAS	
1.6LB @ $1.00/3LB	.53
MEAT	1.96
DELI	1.10
BAKERY	2.39

2 ½ lb. chicken legs
1 lb. coleslaw
2 loaves French bread

Grocery/Supply Receipt List

Name of store *Mom and Pop's Country Shop* Check number *1431*

Date of purchase *10/16/97* Amount *$19.82*

Checked by *Granny Memaw* Store stamp

Grocery Items	Price	Supply Items	Price
Chicken thighs	*$2.99*	*Bleach*	*$0.95*
Ground beef	*$3.59*	*SOS pads*	*$0.69*
Wieners	*$1.89*	*Paper towels*	*$0.89*
Bread	*$1.79*		
Bananas	*$0.53*		
Milk	*$2.59*		
Bran flakes	*$2.79*		
Subtotal	*$ 16.17*	*Subtotal*	*$2.53*
Tax	*$ 0.97*	*Tax*	*$0.15*
Total	*$17.14*	*Total*	*$2.68*

MOM & POP'S

10/16/97

2.99+
3.59+
1.89+
1.79+
0.53+
2.59+
2.79+
0.95+
0.69+
0.89=

18.70 o

1.12+

19.82*

Grocery Supply Receipt List

Name of Store ______________________ Check Number __________

Date of Purchase ____________ Amount $___________

Checked by ______________________ Store Stamp ______________

Grocery Items	Price	Supply Items	Price
Subtotal		Subtotal	
Tax		Tax	
Total		Total	

Chapter 4

Meal Service

In this unit you will learn how to count meals that qualify for reimbursement and kinds of meal service appropriate in an RCCI. Some suggestions for getting children to make better food choices are provided, along with ideas for special occasion meals.

Meals nourish only if children eat them. The factors that encourage children to eat are food that looks and tastes good and mealtime that is fun. Facilities that serve nutritious food and age-appropriate serving sizes in a pleasant atmosphere have done their part.

The child's part is to decide how much to eat—or whether to eat at all.

There are times when children eat very little, sometimes for days at a time. Children grow in spurts. When they are not growing, they are not very hungry. When they are growing, they will get hungry. Children in good general health will eat when they are hungry to meet growth needs. Some children may need to be reassured that food will be served every day and they will get enough to meet their needs.

Activity also plays a part in appetite, and so does mood. Children will eat if they are hungry and the food is appetizing. If an RCCI has residents who have patterns of negative food behavior or eating disorders, expert professional help is needed.

Many children reject new foods, and some residents may not have been exposed to the kinds of foods served in the RCCI. Ways to get around the childhood new-food phobia:

★ Prepare only a small amount, so each child has just a taste.

★ Keep serving the food until it is not new any more.

★ Get leaders in the group to help prepare and introduce their new food creation at meal time.

★ Make the new food a choice; give it at least a three-time trial.

★ Be sure the new food looks appetizing. People eat first with their eyes.

Food is for eating, and any attempt to use food to modify behavior can have long-term harmful effects on attitudes toward mealtime. Withholding food for punishment is against regulations; nourishment cannot be denied. Using food for rewards—to modify behavior—is just as inappropriate.

Accountability

Because an RCCI receives federal funds, the menus must meet all the requirements for federal reimbursement (see Program Requirements and Regulations, page 6-1, for specifics).

Chapter One discussed SMI and OVS regulations for the four different kinds of menu systems.

You must attend to the record-keeping chores that assure accountability when the meal is actually served. Counts may not be taken from attendance records.

- ☛ Count meals at the point-of-service.
- ☛ Only reimbursable meals served to children may be counted.
- ☛ Use production records to document that foods served meet federal meal patterns.
- ☛ Document correct implementation of Offer versus Serve.

Types of Meal Service

Residential child care institutions have an nutritional edge over school food service because the RCCI has no food service competition. The residents do not eat off campus or from vending machines. This makes it much easier to give children a good start, a well-rounded food intake that plants the seeds of lifelong good eating patterns.

The RCCI can serve meals pre-plated, family-style, or buffet style. Pre-plated means that the correct serving sizes of all food items are placed on the plate by the RCCI. Pre-plated meal service is fast and gives the RCCI control. The down side is that pre-plated meals take choice and responsibility away from children.

Family style meal service is having all food items put into serving bowls and brought to the table. Two styles of family-style meal service adapt well to Offer versus Serve meals. With traditional family-style service, the adult in charge at the head of the table serves the entree. The server may ask each person to express a preference or serve age-appropriate serving sizes. The server may pass each plate to the adult at the foot of the table, who serves side dishes, or pass each plate to the person being served and then pass the side dishes around for all to help themselves.

In the more informal family-style service, plates are set at each place setting, and residents help themselves. This informal service gives more opportunities to provide verbal guidance in making healthy food choices.

When most of the children are on the healthy-food bandwagon, a new resident or a negative child is bound to come around.

Buffet style is having all foods put on a sideboard or side table. Children fill their plates before taking their seats at the dining table.

Mealtime Climate

A warm, harmonious atmosphere around the table is a terrific incentive to show up for meals and behave at the table. A child whose behavior is disruptive may be sent away from the table, but the child must have the meal. Houseparents can encourage children to try each dish and set healthy examples.

Consider the child's viewpoint. Everyone is entitled to food preferences—yes, even dislikes. Children can understand that it is okay to decline foods they do not like as long as they choose other foods that make up a varied and balanced meal.

Food Choices

The more foods children have to choose from, the more likely children will get balanced meals and foods that best meet their specific needs. Of course, the RCCI has to balance the number of choices offered with time available for food preparation. These are some of the ways to maximize choices in minimum time.

- Offer several salad dressings, including low-fat dressings for children who want to control weight. Explain the difference to all children, not just those who are overweight. After all, most Americans battle the bulge at some time during their lifetime.
- Offer the same food prepared two ways, such as chicken baked with stuffing or chicken baked in barbecue sauce; baked potatoes or oven-baked fries. This is a good way to begin education about calories and fat grams.
- Grill two kinds of foods and give children their choice: hot dogs or boneless chicken breast; grilled tomatoes or baked onion.
- Allow children to make their own sandwiches from a choice of breads and several fillings.
- Serve the same fruits and vegetables raw and cooked: raw carrot strips or steamed julienne carrots, fresh apple slices or sauteed apple rings.
- Offer fresh fruit choices: apple or orange, banana or grapes.

Improving healthy eating patterns requires creativity. One way is to use favorite foods to introduce better foods. Following are some examples.

➪ Prepare mixed dishes with favorite foods dominating over less favorite foods: mixed vegetable that has more corn or beans and less cauliflower and broccoli; mixed salad that is primarily iceberg lettuce with a little fresh spinach, red cabbage, or raw squash.

➪ Increase the fiber in sandwiches by making them with one slice of white bread and one slice of wheat bread in the beginning. Then try two slices of whole-wheat bread. Make whole-wheat extra attractive with triangle cuts, pickle garnishes, and crisp lettuce leaves.

➪ Mix a little brown rice in with the regular white rice. Gradually increase proportions.

➪ Use a crinkle cutter to prepare carrots, squash and cucumber slices.

➪ Cut fresh fruit so it is easy to eat—oranges into wedge "smiles," apples and pears into slices or rings, melons into cubes or balls, or make mixed fruit salad.

Special Occasion Meals

A weekend backyard cookout is a treat for children and an opportunity to improve their eating patterns. Grilling is one of the best ways to prepare low-fat meats. Vegetables with special seasonings and smokey flavor appeal to almost everyone. Take fullest advantage of the grill to prepare the whole meal. It is not just for cooking hamburgers any more.

Kabobs, for example, are favorites with children. Meat, fish, or poultry cubes skewered with peppers, onions, tomatoes, and fresh mushrooms work vegetables into the meal with no complaints. Meats can be lean red meat, cubed and marinated, chunks of chicken or turkey, fish filets, shrimp, or ham cubes. Vegetable kabobs can include squash slices and eggplant. Fruit kabobs are great on the grill for dessert or for breakfast: wrap chunks of pineapple in thin slices of Canadian bacon or lean ham, thread on skewers with onion and peppers, and grill. Any of these kabobs will work under the broiler, too, in case it rains.

Vegetables wrapped in foil that lend themselves to grilling include potatoes, sweet potatoes, onion, tomatoes, eggplant, carrots, and corn-on-the-cob.

Camping Out

Camping promotes bonding as few activities can, what with shared new experiences, physical closeness, and mutual responsibility for each other. Camping introduces children to the great outdoors, gets them into an active lifestyle, and offers opportunities for new sports—hunting, fishing, study of flora and fauna.

Camping opens the opportunity to cook three meals a day on the grill. With careful menu planning, it is just as possible to produce meals that qualify for reimbursement on the grill and camp stove as it is at home. These days so many shelf-stable convenience foods are available. Ultra High Temperature pasteurization (UHT) milk, for example, is fresh milk that needs no refrigeration until opened.

Picnics

Eating outdoors stimulates appetites. Fun and games naturally fit with picnics, and change-of-pace makes children happy. Outings are a great way to celebrate birthdays with less mess to clean up afterwards. Children play hard, eat well, and come home happy.

If all of the above are not reasons enough to plan picnics, here is one more: cookouts and picnics suggest opportunities to get children involved in food preparation. They will be enthusiastic about helping with the special occasion, and advance preparations enhance anticipation.

In addition to birthday parties, theme picnics are great ways to make children happy. Easter, for example, lends itself to an egg hunt. Think of the group dynamics: everybody colors eggs, the big kids hide them, and the little kids find them. Then everybody has colored hard-cooked eggs (not the ones played with) and hot-cross buns for breakfast. Instead of the sweet treats, make bunnies with a pear half in a bed of shredded lettuce. Put a miniature marshmallow on one end for the tail. Stick almond halves in the other end for ears, and use raisins for eyes and nose.

Cultural Meals

Meals that feature the foods of children's cultural heritage are another way, and one of the most productive ways, to get the kids involved with food preparation and nutrition. Cultural foods help the whole group develop sensitivity to ethnic diversity. A meal with music, native dress, typical games and activities honors children of different cultures and teaches all children what is good about other cultures.

The RCCI may have residents from cultures with characteristic cuisine: Native American, Italian, Jewish, Haitian, Oriental, East Indian, Greek, Mexican, Cuban or Puerto Rican. To develop menus for their special cultural observances, get cookbooks that provide appropriate recipes. Timing to coincide with holidays of other cultures is especially fitting; for example, African American Kwanza or Jewish Rosh Hashana and Hanukkah.

Certain religions practice special dietary restrictions, notably Orthodox Jewish, Islamic, Hindu, and Seventh Day Adventist. Children of these faiths provide an opportunity—by example—to teach children to respect the rights and wishes of others. Explain the rationale and advantages of the dietary practices as they are observed. For example, the vegetarian diet of a Seventh Day Adventist or Hindu is a low-fat pattern that promotes healthy hearts and lowers risk of cancer and obesity. Children can learn about meat alternates and how to balance legumes and grains to make a complete protein.

Vegetarian meals will be fun meals for children, with cheese pizza, eggs, beans, peanut butter, and cheese. When vegetarian residents are among the children in the RCCI, provide meat alternates at all meals, and plan one day a week for all residents to eat vegetarian.

Typical vegetarian lunches:

Cheese pizza, green salad, fruit, milk

Grilled cheese sandwiches, vegetable soup, crackers, bean salad, apple cobbler, milk

Bean burrito, Spanish rice, Mexicali corn, fruit, milk

Red beans and rice (meatless for vegetarians), salad greens, sliced tomatoes, melon cubes, milk

Strict vegetarians, who consume a vegan diet that contains no animal foods of any kind, require supplements and special meals. Most RCCIs will need help from a registered dietitian to plan vegan diets.

Events

Eating out is a special treat for everyone. The easiest way to handle the issue of reimbursable meals in a restaurant is to avoid it. Eat the evening meal out instead of breakfast or lunch.

Meeting the Needs of Special Children

Child nutrition programs are required to meet the needs of children who are on special diets. Special dietary needs are those where the condition has been confirmed and the diet prescribed by a recognized medical authority.

Interpreting the prescribed diet and adapting menus to meet the needs of the child is the business of the profession called dietetics. A professional, registered dietitian (R.D.) can help. Find an R.D. through the local health department, hospital, the American Dietetic Association, 1-800-877-1600. Contact your State Agency for additional resources for working with children with special needs.

Chapter 5

Records and Reports

In this unit the RCCI will learn about records required, the easy way to keep those records, and how to recognize and complete practice forms.

RCCIs can receive reimbursement for breakfast and lunch—not snacks and dinner— that meet program requirements and are served to an eligible resident. To get this reimbursement, the number of meals actually served by category—free, reduced-price, and paid—must be counted, recorded, and claimed. Some RCCIs, such as juvenile detention centers, will have all children in the free category. Others may have day students from whom an application for free and reduced meals must be on file in order to claim these benefits.

Filing for reimbursement is much easier if good records are kept. It is important to post records promptly. Keeping up-to-date assures that accurate records are available when reports are due and when it is time to prepare for audits.

Records account to federal and state agencies for funds that keep the program in operation. Four kinds of records are needed, in addition to the records discussed in the Program Requirements and Regulations unit. (See Chapter 6.) All four check some aspect of program accountability.

1) Individual determination form - determines eligibility
2) Production record - checks nutrition accountability of the meal
3) Meal count - documents the number of residents who actually took the meal and provides a count by category
4) Reimbursement claims - checks financial accountability

All of the last three records must show the same meal count.

Other Records:

1) Standardized recipies must be used and on file.
2) A cycle menu must be available and followed.
3) Nutrient Analysis information on processed foods must be on file.
4) If using NuMenus or Assisted NuMenus, a copy of the Nutrient Analysis of the menu must be on file.

The Production Record

If you are using NuMenus, your computer program may be able to generate production records for you. The production record must include space for the following required information:

- ☐ The menu
- ☐ Food items and ingredients needed for each item = total quantity to prepare
- ☐ Quantity served (size of servings[1] multiplied by number of servings)

A production record that has space for the following additional information is handy and may also be included on the form.

- A check list of foods in inventory
- Shopping list for foods to be purchased
- Helpful information that will be useful for future planning. For example, the *Better Nutrition and Health for Children Act of 1994* allows an RCCI to offer only one kind of milk if the facility can document that the children chose only that type of milk. The production record is the place to maintain this information. The law reads "shall offer students a variety of fluid milk consistent with prior year preferences unless the prior year preference for any such variety of fluid milk is less than 1 percent of the total milk consumed at the school."

The Production Record can simplify shopping and serving, as well as providing accountability. Keeping good records takes time but saves a lot of time in the long run.

This unit includes:

1) Sample Individual Determination Form (page 5-13) *
2) Menu/Market Order Form (page 5-8)
3) Production Record Form (pages 5-9 to 5-12)

* This form is not uniformly required by all states, but documentation of dates of enrollment and source of placement will be necessary.

Using the Food Buying Guide

The USDA Food Buying Guide is the standard the USDA uses to monitor quantities served. The Guide was developed as a help in figuring how much food to order and prepare for the required portion size to meet meal pattern requirements.

All foods are changed during food production, so the USDA developed average yield information for more than 600 food items. Yield information has taken into account the changes in food caused by storage, preparation, and cooking. The yield information tells how much to purchase and prepare for a certain portion size. To use the Food Buying Guide, follow these steps:

1. For each food item on the planned menu, decide on the portion size for the population served, based on the lunch or breakfast meal pattern requirement or Nutrient Analysis.

2. Add up the total number of servings for the meal.

3. Use the Food Buying Guide to figure out how much of each food item to buy and prepare.

---

[1] Base serving size on the older children in the residence. It is not practical for a small RCCI to plan a different size serving for each age group.

Using the Yield Tables

Page 12 of the Food Buying Guide explains how to use each column of the yield data tables. Practice locating food items: Locate "Ground Beef" - Page 26

EXAMPLE

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
GROUND BEEF Market style* (no more than 24 percent fat	Pound	11.2	1 oz. cooked lean meat	9.0	1 lb AP = 0.70 lb cooked meat

Locate "Oranges, Fresh" - Page 90

EXAMPLE

ORANGES Fresh Size 113	Pound	2.8	1 orange (about 5/8 cup fruit and juice)	35.5	

Practice determining the quantities of food needed from the USDA Food Buying Guide. This is the formula:

Purchase units for 100 servings (Guide, Column 5)	x	# of servings needed # of servings listed	x	serving size needed serving size listed (Guide, Column 4)	= quantity needed
Step A ⇑		Step B ⇑		Step C ⇑	Step D ⇑

Use your calculator:

1. Always put the decimal point in the calculator.
2. Round to the third number after the decimal point.
3. If the calculator does not have tape, record answers at each step.
4. Enter numbers in calculator in this order:
   - to multiply, enter numbers from left to right.
   - to divide, enter top number first, press the divide sign, and enter the bottom number.
5. Round numbers up to the nearest practical measure after finishing the calculation.

Use the formula to find the amount of ground beef to buy for eight servings. Locate ground beef, market style (page 26 of Food Buying Guide).

EXAMPLE

GROUND BEEF Market style* (no more than 24 percent fat	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked meat

Enter the numbers for calculating the formula:

Step A: 9 pounds
Step B: 8 ÷ 100 = .08
Step C: 2 ÷ 1 = 2
Step D: 9 x .08 x 2 = 1.44 pounds, rounded to 1 ½ pounds to serve 8

Use the same formula to find the amount of canned peaches to buy for 12 servings (page 93):
Enter the numbers for calculating amount to buy:

Step A: 7.7 cans
Step B: 12 ÷ 100 = .12
Step C: .5 ÷ .25 = 2
Step D: 7.7 x .12 x 2 = 1.85 cans, rounded to two cans to serve 12

EXAMPLE	PEACHES Slices Cling or Freestone	No. 2½ can (29 oz)	13	¼ cup fruit and juice	7.7	

Use the formula to find the amount, in ounces, of peanut butter to buy for 12 servings (page 39a):

Step A: 3.5 jars
Step B: 12 ÷ 100 = .12
Step C: 2 ÷ 2 = 1
Step D: 3.5 x .12 x 1 = .42 jars, rounded to ½ jar to serve 12
To calculate ounces: 32 oz jar x .43 jars = 13.44 oz, rounded to 14 ounces to serve 12

EXAMPLE	PEANUT BUTTER	32 oz jar	28.9	2 tablespoons peanut butter	3.5	2 Tbsp = about 1.1 oz peanut butter

MEAL COUNTING AND CLAIMING SYSTEMS

In order to obtain federal reimbursement for meals served, trained adults must accurately count, record, and claim the number of meals actually served to eligible participants. All food service personnel must be adequately trained on taking meal counts before starting a meal or milk program. The essential components of a good counting and claiming system are the point of service meal count and the recording and reporting procedures.

Point of Service

The point of service is where it can be determined that a reimbursable free, reduced price, or paid meal has been served to an eligible child. The location of the point of service differs depending on the system in place. However, the key element, whether it be cafeteria, restaurant, or family style meal service, is that meal counts are taken at the time meals are served.

Attendance, enrollment, or pre-service counts may not be used for claiming purposes since they do not reflect the number of eligible participants actually served. Claiming attendance figures is a common error found in RCCIs, particularly in detention centers where children do not have the option of leaving the facility. Nonetheless, it is critical that lunches be counted at the point of service because there can be situations where a child may be in attendance but not be served a reimbursable meal on a particular day.

Any system in place must provide a point of service meal count:

- **of reimbursable meals served**
- **by type (free, reduced price, and paid)**
- **each day**
- **without overtly identifying students' eligibility categories, if you have day students in attendance.**

There are different ways to count meals served by category, but the most common tool used in RCCIs is the check-off list. (See Appendix G.)

Check-Off List

Check-off lists indicate the names of all eligible students and are used at the point of service to record the number of reimbursable meals served. As each child is served a meal, his/her name is checked off on the list. If there are day students attending, applications must be taken and those students counted and claimed in their own categories. At the end of the service, check marks are added up to derive the daily meal count.

Check-off lists must be kept up to date. The names of children who have withdrawn from the institution should be marked off, and the date of withdrawal should be noted. Newly enrolled students must be added and the date noted.

Every time breakfast or lunch is served to a resident, mark it down on the meal count form (see Appendix G) if that meal qualifies for reimbursement.[1] It is not enough simply to count meals served; the count must consider whether each meal served qualifies for reimbursement. Counting and recording reimbursable meals at the time they are served is the only way to achieve accuracy.

The meal count system must provide an accurate, point-of-service, daily count showing reimbursable breakfast and lunch meals served (not more than one of each per eligible student per day).

Reimbursement Voucher

At the end of each month, count the number of meals recorded by category. Only meals served to children are claimed. Adults are counted for production purposes, but not claimed.

Reimbursement rates are different for breakfast and lunch. To get reimbursed the correct amount requires accurate counting, recording, and totaling the number of meals served.

The student attendance factor on this form is there to account for any difference between the enrollment or census in the residence and the meal participation. In most cases, the attendance factor for an RCCI is 100 percent, since residents live on the premises.

An RCCI which has been on the Child Nutrition Program for at least two years will probably qualify for the **severe need** breakfast rate and the **especially needy** lunch rate.

In order to receive the **severe need** breakfast rate for a site, that site must have served 40% of its lunches in the second preceding year to needy students and be able to demonstrate that the cost for preparing the breakfast exceeds the regular breakfast reimbursement rate. Consult your State Agency for its rules about submitting breakfast tray cost sheets. The reimbursement will vary with the breakfast tray cost, up to a maximum rate.

The **especially needy** rate is usually automatic, is by program rather than site, and depends upon having served 60% of lunches in the second preceding year to needy students.

Edit Checks

Each month do an edit check before sending in the reimbursement form. Check to make sure the figures tally.

1. Determine the number of residents eligible each day during that month.
2. Compare each day's reimbursement claim count to the number of residents eligible to receive breakfast and lunch. Note also that only one meal per child per meal service can be counted.
3. Resolve any discrepancies. Note reasons for any discrepancies in the comments section.
4. Edit checks are included on the roster form for children and adults. (See Appendix G, Page 2.)

---

[1] What qualifies a meal for reimbursement is explained in the unit on meal patterns and food items (see page 9-1 and following).

Menu/Market Order

Cycle __________ Week ____ Day __________ Number of servings ______

<table>
<tr><th>Menu</th><th>Serving size</th><th>Recipes/suggestions/comments</th></tr>
<tr><td></td><td></td><td rowspan="17"></td></tr>
<tr><td></td><td></td></tr>
<tr><td></td><td></td></tr>
<tr><td></td><td></td></tr>
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<tr><td></td><td></td></tr>
<tr><td></td><td></td></tr>
<tr><td colspan="2">Market Order</td></tr>
<tr><td>Item</td><td>Quantity</td></tr>
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<tr><td></td><td></td></tr>
<tr><td></td><td></td><td>Production Schedule</td></tr>
<tr><td></td><td></td><td rowspan="8"></td></tr>
<tr><td></td><td></td></tr>
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</table>

BREAKFAST FOOD BASED - [illegible] PRODUCTION RECORD (RCCI)

RCCI ____________ **Cycle Week:** ____________ **Date:** ________ **Day:** ________ **Weather/Other Factors:** ____________

Meal Component	Food Used or Recipe File Number	Total Prepared Number Svd, lbs, cans, etc	Serving Size		Number Portions Planned		Total Leftovers	Comments: Substitutions, Leftovers & Tray Waste, etc.
			K-12	7-12 (optional)	K-12	7-12 (optional)		
Meat/ Alter								
Veg/Fruits								
Grains/Bread								
Other								
Milk Variety								

____

MANAGER'S SIGNATURE

Number Served by Grade

K-12 ______
7-12-(Optional) ______
Adult ______

88

Total: ______

BEST COPY AVAILABLE

LUNCH FOOD BASED - FOOD PRODUCTION RECORD (RCCI)

RCCI ______ **Cycle Week:** ______ **Date:** ______ **Day:** ______ **Weather/Other Factors:** ______

Meal Component	Food Used or Recipe File Number	Total Prepared Number Svd, lbs, cans, etc	Serving Size		Number Portions Planned		Total Leftovers	Comments: Substitutions, Leftovers & Tray Waste, etc.
			*K-6	7-12	*K-6	7-12		
Meat/ Alter								
Veg/Fruits								
Grains/Breads								
Other								
Milk Variety								

Number Served by Grade

K-6 ______
7-12 ______
Adult ______ **Total:** ______

____
MANAGER'S SIGNATURE

***K-3 Serving Size is Optional**

BREAKFAST NuMENUS - FOOD PRODUCTION RECORD (RCCI)

RCCI ______________________ **Cycle Week:** ______________ **Date:**_________ **Day:**________ **Weather/Other Factors:** ______________________________________

Menu Item	Recipe File Number or Total Product Used	Serving Size		Number Portions Planned		Total Leftovers	Comments: Substitutions, Leftovers, Tray Waste, etc.
		K-12	7-12 (optional)	K-12	7-12 (optional)		
Side Dishes							
Milk Variety							
Condiments/ Sauce							

Number Served by Grade

K-12 ____

7-12 (Optional) ____.

Adult ____ **Total** ______

____
MANAGER'S SIGNATURE

LUNCH NUMENUS - FOOD PRODUCTION RECORD (RCCI)

RCCI ____________ Cycle Week: ____________ Date: ____________ Day: ____________ Weather/Other Factors: ____________

Menu Item	Recipe File # or Total Product Used	Serving Size		# Portions Planned		Total Leftovers	Comments: Substitutions, Leftovers & Tray Waste, etc.
		*K-6	7-12	*K-6	7-12		
Entree							
Side Dishes							
Milk Variety							
Cond./Sauce							

Number Served by Grade

K-6________

7-12________

Adult________Total:________

____

MANAGER'S SIGNATURE

*K-3 Serving Size is Optional

SAMPLE INDIVIDUAL DETERMINATION FORM

Household of One
(Not Required by All States)

Name of client:____________________

Birth date: ______/______, 19 ____; Age: ____
day month

Date admitted: ______/______, 19 ____
month day

Date of exit: ______/______, 19 ____
month day

This client receives an income of $ __________ per month for personal disbursement.
(Amount)

This is received from:

____ Social Security

____ Spending allowance from parent or guardian

____ Earned

____ Other - Explain

Therefore, under current Federal Regulations this client is eligible for:

Free meals ____ Reduced price meals ____ Paid claim ____

The above information is true and correct to the best of my knowledge.

Signature: ______________________________

Title: ______________________________ Date: ______/______/______
month day year

Date Determination Made:__________________

PLEASE NOTE: In lieu of this form, your program's admittance form or other financial disclosure form may be used if all required information is included. The actual form used should be submitted with the other materials to the State Agency.

Chapter 6

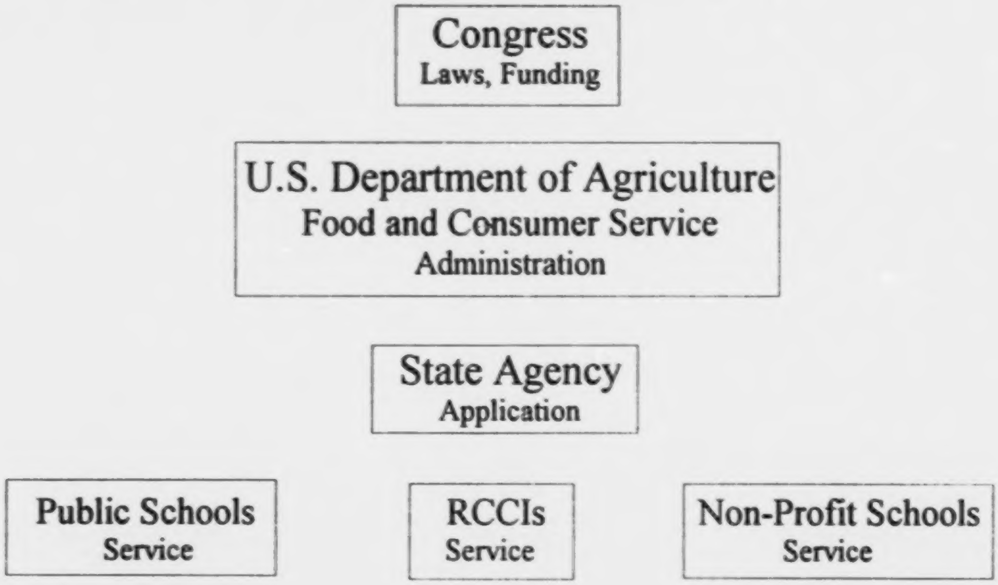
Program Requirements and Regulations

In this unit RCCI personnel will learn the structure, operation, and history of Child Nutrition Programs; things to do to comply with regulations and when to do them; how to organize and maintain records, and the vocabulary unique to Child Nutrition Programs.

Child Nutrition Programs have many requirements and regulations designed to safeguard children's needs and protect taxpayers' interests. If the regulations that apply to RCCIs are taken in simple segments, it turns out they are not so overwhelming. This unit will present an overview of the program, the pertinent rules in plain language, and, on page 6-3, a simple timetable of things to do. The organization chart below shows how Child Nutrition Programs are organized.

Here, in a nutshell, is how it works: Congress passed two laws—the National School Lunch Act and the Child Nutrition Act—that authorize school lunch and school breakfast. Congress appropriates money and designates the U.S. Department of Agriculture to administer the program. At the state level it is usually administered within the state, usually by the state education agency.

On the next page is a list of things that must be done to fulfill the contract.



History

Child Nutrition Programs evolved during more than 100 years of developing and evaluating school lunch for children. As early as 1913, 30 cities in 14 states offered lunch in their schools. Research and testing to provide the best nutrition, nutrition education, and food service for the nation's millions of children has gone on ever since.

With the depression of the 1930s, federal assistance was made available to help both agriculture and school lunch programs. Needy families and school lunch programs became outlets for the surplus commodities that the U.S. Department of Agriculture (USDA) bought to shore up the faltering farm economy.

World War II ended farm surpluses, but the nation developed a new appreciation for the importance of healthy young people called to protect the nation. The National School Lunch Act (NSLA) of 1946 established school lunch programs throughout the nation and brought the federal government into permanent partnership with states and local schools. The NSLA established program standards that included requirements that the program be non-profit, that certain Nutrient Standards be met, that meals be available to low-income children, that state and local school officials control the program and be accountable to the federal government through the state.

The Child Nutrition Act of 1966 broadened the school meal concept to include school breakfast. Subsequent amendments changed the meal pattern to include "Offer versus Serve" for older children and increased reimbursement to pay the full cost of free and reduced-price meals. A 1989 amendment set the breakfast pattern to include milk, fruit or vegetable or full strength juice, two servings of bread or meat or their alternates or one serving of each. This amendment also allowed students to refuse one item at breakfast. A 1990 amendment required that students be offered low-fat milk, as well as whole milk.

The School Meals Initiative (SMI) Regulations, which took effect in July 1996, represented the first major changes in meal requirements in the fifty years of the history of school lunch.

Records Maintenance

On page 6-4 is a suggested system for organizing records. This system shown is not mandatory but makes sure that all the records that are required in the regulations are readily available. The system may be adapted to meet the needs of each individual RCCI.

A plastic filing box with hanging folders is a handy way to keep all the records together wherever you want to use them. Such filing boxes are available in all office supply stores, usually for under $10. Or keep records in a filing cabinet. Title folders as listed and put them in alphabetical order.

Keep records for current year and three previous years. When closing out the current fiscal year, discard the oldest previous year, unless you are in an audit process. Example: when closing out 1999 and starting 2000, discard the records from 1996 but save 1997, 1998, and 1999. Store records by fiscal year - July 1 through June 30. Records must be readily accessible. If a program is being audited or investigated, the RCCI must retain records for the period in question until the audit or investigation is closed.

Things to Do and When

Priority	Things to Do	When
1.	Complete individual determination form for each child if required by State Agency. Use current income eligibility guidelines. Personal use income is the income applicable for institutionalized children.	When child is first admitted and update each July 1
2.	Update master roster. (Complete list of currently approved children.)	Continually as new children are admitted
3.	Determine which menu planning option to use.	At completion of training
4.	Plan, prepare, and serve reimbursable meals meeting USDA Nutrient Standards at breakfast and lunch.	At each meal
5.	Complete food production records recording actual amount of food served.	At each meal
6.	Count, by category, and record the meals that qualify for reimbursement.	At time of each meal service
7.	Complete claim for breakfast and lunch reimbursement. Do edit checks and submit claim.	By the 10th of each month following service
8.	Pay, by check, for food, supplies, salaries, and services.	Monthly or as purchased
9.	Keep file of all invoices and receipts.	As received per month
10.	Balance checkbook to bank statement.	Monthly
11.	Complete and submit contract update forms, licenses, and meal count procedures.	As required by the state
12.	Record price comparisons for buying food (see form in purchasing unit).	Every 6 months
13.	Conduct inventory of food and supplies on hand.	June 30
14.	Develop a written procurement form and record price comparisons for buying food.	Once or twice a year
15.	Attend mandatory training sessions.	As required by the state
16.	Record training sessions for employees.	List as an agenda item at staff meetings
17.	Retain all records for three years, plus the current year, unless an audit is in progress. Discard older record per your agency's policy.	On-going
18.	Display AND JUSTICE FOR ALL poster.	On-going
19.	Provide special diets prescribed by medical authority. (Consult with State Agency.)	On-going

RCCI Filing System for Child Nutrition Program Records

Civil right records (ethnic distribution of children and employees, if any)

Contract Agreement update with state agency

Edit check forms, if not included on meal count roster (in chronological order)

Enrollment forms (separate current residents from those no longer in residence)

Financial records (folder for each category)

  Bank statements and canceled checks

  Claims for reimbursement (in chronological order)

  Inventories of purchased food and non-food item values

  Receipts and invoices for food and supplies

  Receipts of program income

  Supermarket price comparisons (as needed)

  Time sheets and earning statements of employees

Food Production Records (in chronological order)

Income eligibility guidelines (current, effective July 1 each year)

Individual determination forms (or proof and date of placement)

License to operate appropriate agency

Master roster (current resident roster in front)

Meal counts (taken at point-of-service daily and totaled daily and monthly)

Menus (substitutions noted)

Menu Analysis if NuMenus or Assisted NuMenus - Nutrition Analysis for processed food products

Pest control treatment record (not required, but handy to have)

Sanitation inspections (issued by Health Department)

Records of training sessions for employees

Chapter 7

Food Safety

In this unit the RCCI personnel will learn to keep a daily log of storage temperatures, rules for keeping the kitchen clean, ways to teach children about food safety, and proper temperatures for holding and serving food.

On any day in this country nearly 20,000 people get sick from something they ate. About 25 die. No longer does food borne infection mean just a few days of discomfort and inconvenience. Microbes are more deadly, and the way food is distributed to the population makes food more susceptible to contamination.

Foodborne illness is 100 percent preventable. The way to prevent infection is to keep food clean and cook it properly.

Keep a daily log of temperatures in each refrigerator and freezer. If the thermometer shows a temperature above the minimum required, except during the brief defrost cycle, have the unit repaired. Maintaining correct temperature in refrigerators and freezers protects food supply quality. Rarely do temperatures rise rapidly. If the unit is failing, usually the temperature will change only a degree or two each day. This might not be noticed unless a daily log is kept to show the upward trend. The unit should be repaired then, before the food spoils.

Make a log or copy the sample on page 7-2 of this unit. If the RCCI participates in the Food Distribution Program, ask about specific temperature log requirements for that program.

Keep it Clean

Keeping the kitchen work area and everything in it clean (including the cook) is the best way to ensure that food is safe during preparation, serving, and storage.

- ✔ Keep floors clean.
- ✔ Keep counters, shelves, and tables clean.
- ✔ Clean refrigerator regularly and often.
- ✔ Wash utensils after each use. Air dry.
- ✔ Use clean sponges, cloths, and towels for cleaning.
- ✔ Clean sink after each use.
- ✔ Keep exhaust fans, filters, and hoods clean and free of dust and grease.
- ✔ Wear clean clothes.
- ✔ Use a cap or hair restraint.

Teach the Children

Children like to help in the kitchen, and they will often try new foods they have helped to prepare. Letting children help with food preparation is a good opportunity to teach them good nutrition and food safety.

- ✏ Teach them to wash their hands before touching food.
- ✏ Explain which foods need to be refrigerated and why.
- ✏ Remind them to return perishables like milk to the refrigerator immediately.
- ✏ Make sure they know how and why to keep utensils clean.
- ✏ Teach them to throw away leftovers after two hours at room temperature.

Who to Ask

Call the USDA hotline for food safety facts: 1-800-535-4555. Professional home economists answer questions, especially about meat and poultry safety, from 10 a.m. to 4 p.m. EST.

For More Information

Request a copy of the USDA's "Serving It Safe" from your state agency.

Food Storage Temperature Chart

Month ________________

A - Refrigerator/Cooler storage area recommended temperature	35° F - 45° F
B - Freezer storage area - recommended temperature	-10°F - 0° F
C - Dry storage areas - recommended temperature	50° F - 70° F

	A	A			B	C	
Month Day Year	Temperature		Checked by	Month Day Year	Temperature		Checked by
1				1			
2				2			
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			
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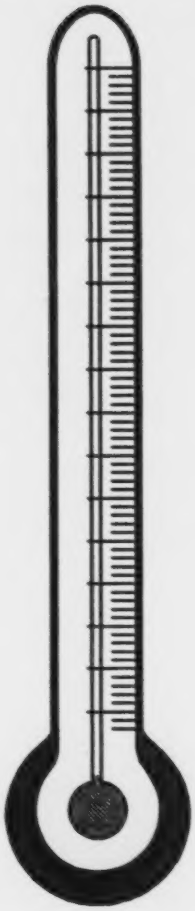
Temperature Chart



212° boiling point

180° dishwasher rinse
140° - 165° serve hot foods
140° minimum for hot foods

DANGER

50° - 75° dry storage
40° maximum for cold foods
25° serving temperature for frozen foods
0° freezer temperature

The Significance of Everyday Things

Typical "Do's" might include:

1. Washing hands.
2. Cleaning and sanitizing utensils, dishes, and equipment.
3. Wearing gloves, hair nets, and other appropriate clothing.
4. Refrigerating foods.
5. Cooking foods thoroughly.

Typical "Don'ts" might include:

1. Using hands or serving utensils to taste foods during preparation or serving.
2. Reusing dishes, equipment, or utensils without sanitizing them.
3. Eating or smoking in undesignated areas.
4. Touching hair or parts of the body, then handling food.

Sanitizing

Chemical sanitizing can be accomplished by immersing an object in, or wiping it down with, a bleach or sanitizing solution.

For bleach, use ½ ounce or 1 tablespoon of 5-percent bleach per gallon of water. For commercial products, follow the manufacturer's instructions.

Chemical sanitizers are regulated by the Environmental Protection Agency (EPA), and manufacturers must follow strict labeling requirements about what concentrations to use, data on minimum effectiveness, and warnings of possible health hazards.

Chemical test strips are available for testing the strength of the sanitizing solution. Because sanitizing agents become less effective as they kill bacteria and are exposed to air, it is important to test the sanitizing solution frequently.

Sanitizing Steps:

★ Clean and sanitize sinks and work surfaces.

★ Scrape and rinse food into garbage or disposal. Pre-soak items, such as silverware, as necessary. Then...

✓ **In the first sink**, immerse and **WASH** the equipment in a clean detergent solution at about 120° F. Use a brush or a cloth to loosen and remove any remaining visible soil.

✓ **In the second sink, RINSE** using clear, clean water between 120° F and 140° F to remove all traces of food, debris, and detergent.

✓ **In the third sink, SANITIZE** by immersing items in hot water at 170° F for 30 seconds, or in a chemical sanitizing solution for 1 minute. Be sure all surfaces of the equipment are covered with hot water or the sanitizing solution and remain in contact with it for the appropriate amount of time.

★ **While you wash, rinse, and sanitize...**

✓ If soap suds disappear in the first compartment or remain in the second, the water temperature cools, or water in any compartment becomes dirty and cloudy, empty the compartment and refill it.

★ **Then air dry.**

✓ Wiping can re-contaminate equipment and can remove the sanitizing solution from the surfaces before it has finished working.

★ **And, finally, store.**

✓ Make certain all equipment is dry before putting it into storage to avoid retaining moisture that fosters bacterial growth.

Tips for Cooking Safely

α Never interrupt the cooking process.

α Always use sanitized thermometers to ensure foods reach the proper internal temperature during cooking.

α Avoid recontamination!

Guidelines for Dry Storage

☼ Make sure the dry storage room is clean, orderly, and well ventilated.

☼ Clean up all spills immediately.

☼ Do not store trash or garbage cans in food storage areas.

☼ Hold dry foods between 50° F and 70° F.

☼ Store opened items in tightly covered, labeled containers.

☼ Use the "First In, First Out" (FIFO) rotation method and date all packages.

☼ Store all items, including paper products, at least 6 inches above the floor.

☼ Never use or store cleaning materials or other chemicals where they might contaminate foods!

Guidelines for Refrigeration

✗ Make sure cold air can circulate freely around food. Do not line shelves with foil or paper.

✗ Make sure refrigerated foods are dated and properly sealed.

✗ Keep food in clean, nonabsorbent, covered containers.

✗ Store dairy products separately from foods with strong odors like onions, cabbage, and seafood.

✗ Store raw or uncooked food away from and below prepared or ready-to-eat food.

✗ Check the temperature of your refrigeration unit regularly to make sure it stays below 40° F. Record temperatures on a chart for **EACH** refrigeration unit. (See page 7-2.)

Safe Refrigerator Storage Times (40° F)

1 to 2 days

Raw ground meats, breakfast or other raw sausages, raw fish or poultry; gravies

3 to 5 days

Raw steaks, roasts, or chops; cooked meats, vegetables, and mixed dishes; ham slices; mayonnaise salads (chicken, egg, pasta, tuna)

1 week

Hard-cooked eggs, bacon or hot dogs (opened packages); smoked sausages

2 to 4 weeks

Raw eggs (in shells); bacon or hot dogs (packages unopened); dry sausages (pepperoni, hard salami); most aged and processed cheeses (Swiss, brick)

2 months

Mayonnaise (opened jar); most dry cheeses (Parmesan, Romano)

Sources: A. Hecht, Preventing food-borne illnesses, FDA *Consumer*, January/February 1991, p. 21; Refrigerator storage times for selected foods, *Consumer Reports on Health*, December 1991, p. 93.

Taking Temperature

Always check the temperature of foods to make sure they are thoroughly cooked.

Use a metal-stemmed, numerically scaled thermometer, accurate to plus or minus 2° F.

Sanitize the thermometer before each use with a sanitizing solution.

Check food temperature in several places, especially in the thickest parts.

To avoid getting a false reading, be careful not to let the thermometer touch the pan, bone, fat, or gristle.

How to Prevent Food-Borne Illnesses

Keep Hot Foods Hot

α When cooking meats or poultry, use a thermometer to test the internal temperature. Insert the thermometer between the thigh and the body of a turkey or into the thickest part of other meats, making sure the tip of the thermometer is not in contact with bone or the pan. Cook to the temperature indicated for that particular meat; cook hamburgers to at least medium well-done. If you have safety questions, call the USDA Meat and Poultry Hotline: (800) 535-4555.

α Cook stuffing separately, or stuff poultry just prior to cooking.

α Do not cook large cuts of meats or turkeys in a microwave oven; they leave some parts undercooked while overcooking others.

α Cook eggs before eating them (soft-boiled for at least 3½ minutes; scrambled until set, not runny; fried for at least 3 minutes on one side and 1 minute on the other).

α When serving foods maintain temperatures at 140° F or higher.

α Heat leftovers thoroughly to at least 165° F.

α Discard any food held at room temperature for more than 2 hours.

Safe Internal Cooking Tempertures

Poultry (Dark Meat)-180°
Poultry (Light Meat)-170°
Ground Poultry-165°
Ground Beef and Fresh Pork (All Types)-160°
Beef, Veal, and Lamb Roasts, Steaks, and Chops (Med Rare)-145°

Keep Cold Foods Cold

❄ When running errands, stop at the grocery store last. When you get home, refrigerate the perishable groceries (such as meats and dairy products) immediately. Do not leave perishables in the car any longer than it takes for ice cream to melt.

❄ Buy only those foods that are solidly frozen and stored below the frost line in store freezers.

- Keep cold foods at 40° F or less; keep frozen foods at 0° F or less (keep a thermometer in the refrigerator).
- Refrigerate leftovers promptly; use shallow containers to cool foods faster.
- Thaw meats or poultry in the refrigerator, not at room temperature. If you must hasten thawing, use cool running water or a microwave oven.

Keep a Clean and Safe Kitchen

- Wash fruits and vegetables with a scrub brush.
- Use hot, soapy water to wash hands, utensils, dishes, nonporous cutting boards, and countertops. Use a bleach solution on wooden cutting boards.
- Avoid cross-contamination by washing all surfaces that have been in contact with raw meats, poultry, or eggs before reusing.
- Mix foods with utensils, not hands; keep hands and utensils away from mouth, nose, and hair.
- Anyone may be a carrier of bacteria and should avoid coughing or sneezing over food. A person with a skin infection or infectious disease should not prepare food.
- Wash towels regularly.
- Clean up food spills and crumb-filled crevices.

In General

- √ Do not taste food that is suspect. "If in doubt, throw it out."
- √ Throw out foods with danger-signaling odors. Be aware, though, that most food poisoning bacteria are odorless, colorless, and tasteless.
- √ Do not buy or use items that appear to have been opened; check safety seals, buttons, and expiration dates.
- √ Follow label instructions for storing and preparing packaged and frozen foods.
- √ Discard foods that have decayed or been contaminated by insects or rodents.

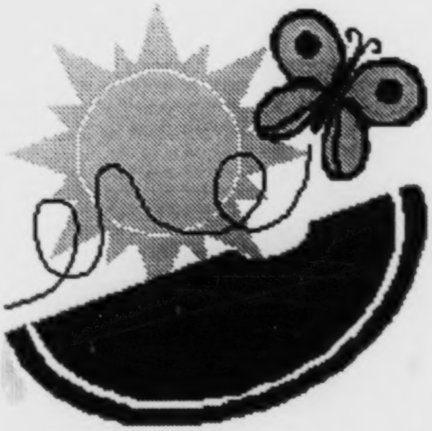
For Specific Food Items

- *Canned goods.* Discard food from cans that leak or bulge in a manner that will protect other people and animals from accidentally ingesting it before canning, seek professional advice from the USDA Extension Service (check your phone book under U.S. government listings, or ask directory assistance).
- *Milk and cheeses*. Use only pasteurized milk and milk products. Aged cheeses, such as cheddar and Swiss, do well for an hour or two without refrigeration, but should be refrigerated or stored in an ice chest for longer periods.
- *Eggs*. Use clean eggs with intact shells. Do not eat eggs raw.
- *Honey*. Honey may contain dormant bacterial spores, which can awaken in the human body to produce botulism. In adults, this poses little hazard, but infants under one year of age should never be fed honey. Honey can

accumulate enough toxin to kill an infant; it has been implicated in several cases of sudden infant death. (Honey can also be contaminated with environmental pollutants picked up by the bees.)

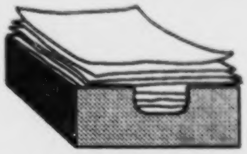
- ***Mayonnaise***. Commercial mayonnaise may actually help a food to resist spoilage because of the acid content. Still, keep it cold after opening.
- ***Mixed salads***. Mixed salads of chopped ingredients spoil easily because they have extensive surface area for bacteria to invade, and they have been in contact with cutting boards, hands, and kitchen utensils that easily transmit bacteria to food (regardless of their mayonnaise content).
- ***Picnic foods***. Choose foods that last without refrigeration such as fresh fruits and vegetables, breads and crackers, and canned spreads and cheeses that can be opened and used immediately. Pack foods cold, layer ice between foods, and keep foods out of water.

Note: Check with your local health agency for state specific food safety and sanitation rules.



Chapter 8

Preparing for a Review



In this unit the RCCI will learn how to prepare for the Coordinated Review Effort (CRE) and the School Meals Initiative (SMI) Review. Your RCCI may have a CRE and SMI review at the same time.

These reviews are important because they are an assurance of accountability for federal funds that the RCCI receives through the school breakfast and lunch programs. For an RCCI that operates within the regulations and keeps timely, accurate records, the reviews can be helpful and supportive.

The CRE review covers administrative and operational management of the RCCI. The primary focus is on the following records:

- point of service meal count system at mealtime
- applications/determination of free and reduced-price meals for day students
- daily attendance sheets for review period
- production records
- claims for reimbursement

Usually reviews come around only once every four or five years. If there are problems noted the state may review more often. You will be notified in writing in advance of the review date. An RCCI who want the security of knowing exactly what to expect can request pre-review technical assistance over the telephone.

Reimbursement claims

Meal counts claimed for reimbursement must be the actual numbers of reimbursable meals served to eligible participants during the claim month.

The monthly counts claimed cannot exceed the maximum number of eligible students in attendance on any one day during the month multiplied by the number of days on which there were students in attendance. Furthermore, this maximum figure needs to be reduced by a participation factor in order to take into consideration the rate at which the students participate at mealtime. Students will be absent from meals for various reasons, or may not always take a reimbursable meal.

Students multiplied by days multiplied by rate of participation provides a rough edit check to make sure there are no overclaims.

School Meals Initiative

The SMI review covers the Nutrient Analysis of the week preceding the review if NuMenus has been chosen. If Food Based has been chosen the reviewer will ask for the menus, production records, and all nutritional data for the chosen review week.

Common errors

The reviewers somtimes find an RCCI in violation for one of the following errors:

- Meal counts being taken from attendance records rather than from "a point of service count."
- Meal taken by resident or meal served did not qualify as reimbursable.

- No milk served at lunch. Kool-aid or fruit drink was served.
- Adult lunches were counted.
- Counts incorrectly added or claimed.

If an RCCI has day students, which is rare in some states, the reviewers may find the RCCI in violation of any of the following:

- Application/eligibility incorrect; that is, applications incorrectly denied, incorrectly approved, or data missing.
- Meal incorrectly counted or claimed by category.
- Total counts by category incorrectly added or claimed.

Reviewers will check these other requirements:

- The RCCI complies with civil rights provisions.
  - "And Justice for All" poster is displayed.
  - Procedures are established to receive complaints alleging discrimination.
  - Admission procedures are non-discriminatory.
  - Free and reduced-price meal denials do not show discrimination against minorities.
  - Disabled persons are provided program benefits prescribed by regulations.
- Records and reports are correct and maintained for three years plus current year.
- If day students are present, overt identification of residents receiving free and reduced-price meals is prevented.

Preparing for the review

- Request technical assistance if needed.
- Review the check list before the review.
- Make sure all files are in order and easily accessible.
- Review sections of this manual that cover the CRE requirements. If the review reveals any deficiencies, go back over those units that explain the requirements and make the changes and improvements that will bring the RCCI into compliance.

On the day of the review

Reviewers will interview the person who plans the menus, takes the meal counts, and submits the claim for reimbursement. Someone will need to be on hand to take over regular duties so the person responsible for those critical areas is free to meet with reviewers, provide files and forms, and answer questions.

The review is a learning opportunity for those who want to provide the best possible care for children. It is a time to better understand regulations and develop more efficient and practical ways of complying with regulations.

The checklist on the following page is provided to help an RCCI prepare and evaluate readiness for a CRE.

If a SMI review is performed, the State Agency will work with the RCCI to achieve compliance.

A checklist of materials needed for an SMI Review is provided on page 8-4 of this chapter.

Preparing for the CRE Review - Checklist

✔	Criteria	Supporting Documentation	Reference
	Reimbursement claims correct by count and category.	Latest reimbursement claim, application/determination forms, meal counts, edit checks, admission and discharge records	Requirements and Regulations, page 6-1; Records and Reports, pages 5-6 and 5-7; Appendix G
	Meal counts are timely and accurate.	Meal count forms, master roster, edit checks	Records and Reports, page 5-6; Requirements and Regulations, page 6-2
	Meals served conform to meal requirements.	Menus	Meal Patterns, page 9-1; Meeting the Nutrient Standards, pages 1-5 and 1-6
	Adequate serving sizes. Serving sizes are as planned.	Production records	Records and Reports, pages 5-9 through 5-12; Meal Patterns, page 9-1
	Adequate food inventory to produce adequate servings.	Production records	USDA Food Buying Guide; Records and Reports, pages 5-2 through 5-7; Appendix F
	Implementation of offer versus serve.	Actual practice Visual	Meeting the Nutrient Standards, pages 1-7 and 1-9
	Correct determination and applications forms for free and reduced-price meals.	Forms for each resident: (1) Individual (income) Determination Form, (2) Application for Free and Reduced Price School Meals form if day students are present.	Requirements and Regulations, page 6-1; Records and Reports, pages 5-1 through 5-13; Eligibiity Guidance, USDA
	Master roster accurate by category and current residents.	Application/determination forms, admission/discharge records	Records and Reports, page 5-1; Appendix G
	Monthly edit checks made and accurate.	Edit check file, meal counts, master roster - must have daily meal counts	Records and Reports, page 5-7
	AND JUSTICE FOR ALL posters posted.	Visual	Requirements and Regulations, page 6-2; Preparing for the Review, page 8-2
	Special needs met.	Diet prescriptions, menus	Meal Service, page 4-6
	Records maintained for three years plus current year.	Files	Requirements and Regulations, pages 6-1 through 6-3
	Meal counts made only at time and point of service.	Visual	Definitions page vi; Records and Reports, page 5-7

Preparing for the SMI Review - Checklist

Copies of the following items are needed by the reviewer for both breakfast and lunch for the week prior to your review date. Please have the copies ready on the day of the review; the reviewer will be taking them.

MENU PLANNING METHOD

Food Based

1. Purchased food specifications showing crediting of meal components for the review week's menu.
2. Food Specification Nutrient Data Sheet/Nutrition Label of purchased foods for the review weeks's menu.
3. Standardized recipes for the review week's menu.
4. Menus for the review and current month.
5. Cycle menus, if available.
6. Production sheets of the review week's meal service for the RCCI being reviewed.

Nutrient Standard Menu Planning (NSMP) or Assisted Nutrient Standard Menu Planning (ANSMP)

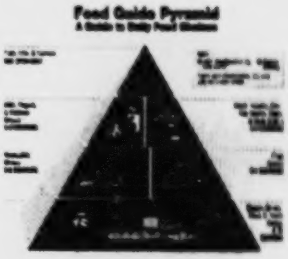
In addition to the above items listed for Food Based, please add the following items:

1. Nutrient analysis of each age/grade grouping for the prior week's menu.
2. If you are weighting breakfast and lunch together, then we need the ratio of breakfast to lunch meal counts used for the combined analysis, if applicable.
3. Your computer up and running with your menus on it.

If you have questions, please call your State Agency ahead of time. It is very important to have all documents ready for the reviewer.

Chapter 9

Meal Patterns and Creditable Foods for Food Based/Traditional Menus



In this unit the RCCI will learn the Food Based/Traditional Meal Pattern for breakfast and lunch meals that qualify for reimbursement, with special notes about foods that can be counted and foods that do not meet the USDA criteria.

The Food Based requirements and the NuMenus/Assisted NuMenus requirements are all designed to promote good food habits and nutrition education. The Traditional meal pattern has served as a model for the past fifty years.

The Traditional and Food Based breakfast meal pattern includes the following four food components:

Meat/Meat Alternate
Juice/Fruit/Vegetable
Grains/Breads
Milk

For breakfast, four components must be provided under the Food Based system. They must include milk and either vegetable or fruit, and two servings may be either a meat/meat alternate and a grains/breads or two servings of the meat/meat alternate or two servings of grains/breads.

Some possible combinations:

Fruit, cereal, toast, milk (fruit, two grains/breads, milk)

Juice, two pancakes, milk (fruit, two grains/breads, milk)

Juice, ham, egg, milk (fruit, two meats/meat alternates, milk)

Fruit, muffin, egg, milk (fruit, grains/breads, meat/meat alternate, milk)

Juice, ham, biscuit, milk (fruit, meat/meat alternate, grains/breads, milk)

Juice, cheese toast, milk (fruit, meat/meat alternate, grains/breads, milk)

RCCIs that implement Offer versus Serve must provide four servings. If a child chooses three servings from the four offered, the meal is reimbursable.

The Traditional and Food Based lunch meal pattern includes the following food components:

Meat/Meat Alternate
Vegetables/Fruits
Grains/Breads
Milk

The lunch must include fruit and vegetable servings from two or more sources, which may be one fruit and one vegetable or two fruits or two vegetables with extra vegetables/fruits servings added by SMI regulations.

For lunch, an RCCI under the Food Based option must serve an average of three servings of grains/breads per day or 21 servings per seven day week, with at least one grains/breads serving per day. After the first bread serving, a grain-based dessert may count as one of the bread servings per day.

RCCIs using the Food-Based Menu Planning system that implement Offer versus Serve for lunches must provide five different food items from four food component groups. If a child chooses three servings from the five food items offered, the meal is reimbursable. When a child has taken one serving of grains/breads, the grains/breads component has been satisfied.

Clarification of Terminology and Rules

1. Do not mix up or "mix-and match" terminology and regulations applied to Food-Based Menus with that of NuMenus.
2. **Components and Food Items** are terms used in Food-Based systems.
3. **Menu Items** is a term used in NuMenus. Menu items are the actual foods served, such as tacos, fruit salad and muffins.
4. Most of the bread regulations apply only to Food-Based systems.
   a. Traditional or "Current Menus" cannot count an extra serving of grain-based dessert as grains/breads.
   b. Breads are not counted in NuMenus. Only the Nutrient Analysis counts.

Creditable foods

Meeting the meal pattern requirements requires a working knowledge of how the USDA credits foods.

The following are the USDA regulations for the grains/breads requirement for the Food Based Menu Planning Alternatives in the Child Nutrition Programs:

The Food Based menu planning alternatives in the Child Nutrition Programs (i.e., the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP) contain a requirement that all meals offered include grains/breads or bread/bread alternate food item(s). Program regulations set forth the minimum quantities of grains/breads required for breakfasts, lunches, suppers and supplements (snacks) to be reimbursable. The following sets forth the criteria to be used to determine acceptable grains/breads, the criteria to be used to determine equivalent minimum serving sizes, and examples of foods that qualify as grains/breads for meals served under the Food Based menu planning alternatives in all Child Nutrition Programs.

1. **Criteria for Determining Acceptable Grains/Breads Under the Food Based Menu Planning Alternatives**

1. The following criteria are to be used as a basis for crediting items to meet the grains/breads requirement under the Food Based menu planning alternatives:

a. All grains/breads items must be enriched or whole-grain from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.

b. The label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal or flour as well a bran and/or germ; or fortified. If it is enriched, the item must meet the Food and Drug Administration's Standards of Identity (21 CFR §136, §137, §139) for enriched bread, macaroni and noodle products, rice, or cornmeal.

c. The item must be provided in quantities specified in the regulations. One-quarter (¼) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.

2. **Criteria for Determining Equivalent Minimum Serving Sizes**

The following chart (page 9-5 and 9-6) contains the equivalent minimum serving sizes for a wide variety of purchased food items.

In lieu of using the minimum serving sizes listed in the chart, the contribution of grains/breads in a recipe may be calculated to determine the number of grains/breads servings the recipe provides. The crediting of a food item as a grains/breads serving is determined by the total amount of enriched or whole-grain bread and/or flour in the recipe divided by the number of servings the recipe yields. Bran and germ are calculated in the same manner as enriched or whole-grain meal and flour.

For the types of food items listed in Groups A-G of the chart to count a one full serving, an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole-grain meal and/or flour. For the types of food items listed in Groups H and I of the chart to count as one full serving, the weights and volumes listed therein must be used.

3. **Foods That Qualify as Grains/Breads**

Foods that qualify as grains/breads for the Child Nutrition Programs are foods that are enriched or whole-grain or made from enriched or whole-grain meal or flour. Bran and germ are credited the same as enriched or whole-grain meal or flour. Such foods include, but are not limited to:

- **Breads** that are enriched or whole-grain.
- **Biscuits, bagels, rolls, tortillas, muffins, or crackers** made with enriched or whole-grain meal or flour.

- **Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat or couscous** that are enriched or whole-grain.

- **Ready-to-eat breakfast cereals** that are enriched, whole-grain, or fortified.

- **Cereals or bread products that are used as an ingredient in another menu item such as crispy rice treats, oatmeal cookies or breading on fish or poultry** when they are enriched, whole-grain, or fortified.

- **Macaroni or noodle products (cooked)** made with enriched or whole-grain flour. Program regulations for the NSLP and the SFSP allow enriched macaroni products that have been fortified with protein to be counted to meet either a grains/breads or meat/meat alternate requirement but not as both in the same meal.

- **Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated grain-fruit products (authorized under Appendix A of 7 CFR part 220)** when made with enriched or whole-grain meal or flour and served, as permitted under the chart. When sweet foods are permitted, no more than 1 grains/breads serving per day may be a dessert and sweet snack foods should not be served as part of a snack more than twice a week.

- **Pie crust** when made with enriched or whole-grain meal or flour and served, as illustrated in the chart.

- **Non-sweet snack products such as hard pretzels, hard bread sticks, and chips** made from enriched or whole-grain meal or flour.

Please see the chart listed on the next two pages for minimum servings. Also note that desserts **cannot** count as a grains/breads in the Traditional Menu Planning System.

GRAINS/BREADS FOR THE FOOD BASED MENU PLANNING ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS[1]

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltine and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
GROUP B	**MINIMUM SERVING SIZE FOR GROUP B**
• Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hotdog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole-wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz
GROUP C	**MINIMUM SERVING SIZE FOR GROUP C**
• Cookies[2] (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[2] fruit turnovers[3], and meat/meat alternate pies) • Waffles	1 serving = 31 gm or 1.1 oz ¾ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz

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[1] Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

[2] Allowed only for desserts under the enhanced Food Based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

[3] Allowed for desserts under the enhanced Food Based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

GROUP D	MINIMUM SERVING SIZE FOR GROUP D
• Doughnuts[3] (cake and raised, unfrosted) • Granola bars[3] (plain) • Muffins (all, except corn) • Sweet roll[3] (unfrosted) • Toaster pastry[3] (unfrosted)	1 serving = 50 gm or 1.8 oz ¾ serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ¼ serving = 13 gm or 0.5 oz
GROUP E	**MINIMUM SERVING SIZE FOR GROUP E**
• Cookies[2] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[3] (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars[3] • Granola bars[3] (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls[3] (frosted) • Toaster pastry[3] (frosted) •	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz
GROUP F	**MINIMUM SERVING SIZE FOR GROUP F**
• Cake[2] (plain, unfrosted) • Coffee cake[3]	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz
GROUP G	**MINIMUM SERVING SIZE FOR GROUP G**
• Brownies[2] (plain) • Cake[2] (all varieties, frosted)	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz
GROUP H	**MINIMUM SERVING SIZE FOR GROUP H**
• Barley • Breakfast cereals (cooked)[4] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) •	1 serving = ½ cup cooked (or 25 gm dry)
GROUP I	**MINIMUM SERVING SIZE FOR GROUP I**
• Ready to eat breakfast cereal (cold dry)[4]	1 serving = ¾ cup or 1 oz, whichever is less

[4] Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

Fruits and Vegetables Under Food Based or Traditional Menus

All fruits and vegetables qualify except these products:

Apple butter
Catsup
Chili Sauce
Corn chips
Coconut
Cran-juice
  combinations
Fruit-flavored items
Fruit leather
Fruit punch
Fruit roll-ups
Hominy
Jell-O
Jelly, jam, preserves
Juice drinks
Kool-aid
Nectar
Pickle relish
Pop tart filling
Popsicles
Potato chips, sticks
Salsa
Tang

Special notes:

1. Only full-strength juice may be counted toward the vegetables/fruits requirement of Food Based or Traditional menus. To get credit, fruit-sicles, popsicles, and frozen juice bars must contain 50% full-strength juice and only the 50% can be counted.
2. The following tomato products qualify as 3/8 cup vegetables: 1-1/2 tablespoon paste, 3 tablespoons puree, 3/8 cup tomato juice.
3. Only the fruit or vegetable portion of deli foods like coleslaw, potato salad, soups, banana pudding, and fruited Jell-O can get credit as a fruit or vegetable serving.

Milk

Fluid milk must be served at every meal that qualifies for reimbursement. Any kind of milk qualifies: whole milk, low-fat, and nonfat milk.

Special notes:

1. Lactose-reduced milk is okay if for children who are intolerant to lactose, the sugar in milk.
2. Ultra high temperature pasteurized (UHT) milk, which is shelf-stable fresh milk, is more expensive but a good choice for camping.
3. Flavored and unflavored milk is acceptable.
4. Eggnog, hot chocolate, and milk shakes that are made at home and contain 8 ounces of fluid milk also are creditable under food based regulations.

These are the milk products that are not creditable under the food based regulations:

Cocoa mix
Cream cheese
Cream soups

Grains/Breads Serving Equivalents from USDA Quantity Recipes for School Food Service and a Tool Kit for Healthy School Meals

*** Serving equivalent increased from previous equivalent by ¼ when new calculation method was applied.**

Recipe	Recipe #	Grains/Breads Serving Equivalent
Grains/Breads		
Baking Powder Biscuits	B-4	1-3/4*
Banana Bread Squares	B-5	1
Bread Stuffing	B-6	1-1/2
Brown Bread	B-7	1
Cinnamon Rolls	B-8	2
Cornbread	B-9	1
Fried Rice	B-10	1
Italian Bread	B-11	2-1/4*
Muffin Squares	B-12	1
Pancakes	B-13	1
Pizza Crust	B-14	2
Pourable Pizza Crust	B-15	2
Rolls (Yeast)	B-16	2
Spanish Rice	B-17	½
Sweet Potato-Prune Bread	B-18	1
White Bread	B-19	1-1/4
Oatmeal Muffin Square	B-20	1
Orange Rice Pilaf	B-21	1
Brown Rice Pilaf	B-22	1
Rice-Vegetable Casserole	B-23	¾
Desserts		
Apple Cobbler	C-1	½
Apple Crisp	C-2	½
Applesauce Cake	C-3	1
Brownies	C-4	½
Carrot Cake	C-5	1

Cherry Cobbler	C-6	½
Cherry Crisp	C-7	¾
Chocolate Cake	C-8	¾
Chocolate Chip Cookies	C-9	½
Oatmeal Cookies	C-10	¾
Peach Cobbler	C-13	½
Peanut Butter Cookies	C-14	½
Rice Pudding	C-15	¼
Spice Cake	C-16	1
Sweet Potato Pie	C-17	1
Yellow Cake	C-20	1
Royal Brownies	C-21	½
Gingerbread	C-23	1-1/4
New Oatmeal Raisin Cookies	C-25	1
Peanut Butter Bars	C-26	½
New Spice Cake	C-28	1
Whole Wheat Sugar Cookies	C-30	1
Chocoleana Cake	C-31	1
Orange Rice Pudding	C-33	¼
Main Dishes	(formerly not credited)	
Chicken or Turkey a la King	D-16	¼
Quiche w/Self-Forming Crust	D-32	¾
Salisbury Steak	D-33	¼

Determining Grains/Breads Serving Equivalencies from Recipes for Food-Based or Traditional Menus

Determining the contributions your recipes make to the meal requirements is an important step in assuring the meals you serve are nutritious and meet federal meal pattern requirements. To determine the equivalency of a serving a recipe makes toward the Grains/Breads meal component the following procedure can be used. To be equivalent to a serving of grains/breads, the serving must contain at least 14.75 grams of whole grain and/or enriched flour.

1. Determine the total pounds of whole grain and/or enriched flour within the recipe.

2. Convert the pounds to grams (pounds of flour x 454 grams per pound = total number of grams of flour in the recipe).

3. Divide the number of grams of flour by the number of servings the recipe provides:

   grams of flour ÷ number of servings = grams of flour per recipe serving

4. Divide the grams of flour per recipe serving by 14.75 grams:

   grams of flour per recipe serving ÷ 14.75 = number of grains/breads credit per serving

5. Round down to the nearest ¼ grains/breads serving.

If dry cereal is used as an ingredient such as in rice krispie treats, it may be credited allowing ¾ cup or 1 oz. to equal 1 serving. One half serving would equal 3/8 cup or 0.5 oz. and one fourth serving would equal 3 tablespoons or 0.25 oz. of dry cereal.

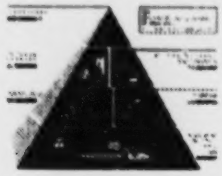
If a cereal such as rolled oats or if rice is used as an ingredient in products such as granola or rice pudding, it may be credited allowing 1 serving = ½ cup cooked or 25 gm dry. One half serving would equal ¼ cup cooked or 12.5 gm dry and one fourth serving would equal 1/8 cup or 6.25 gm of cereal.

The grains used as ingredients which may be counted as part of the total flour are wheat, oat, corn, rye, and barley. The forms of the grains which may be counted are the enriched flour, the meal, rolled, and the cracked form. The weight of each form of the grain as specified in the recipe should be totaled.

APPENDIX A

THE 1995 DIETARY GUIDELINES FOR AMERICANS
(Adapted to Child Nutrition)

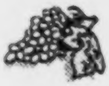
Offer a variety of foods.



Serve meals that provide age-appropriate calories and encourage regular physical activity to maintain or improve weight.

Serve plenty of grain products, vegetables and fruits.

Offer meals low in fat, saturated fat and cholesterol.



Use a moderate amount of sugar.

Use a moderate amount of salt and sodium.

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Appendix B

Planning Schools & Child Care Meals Using The Food Guide Pyramid

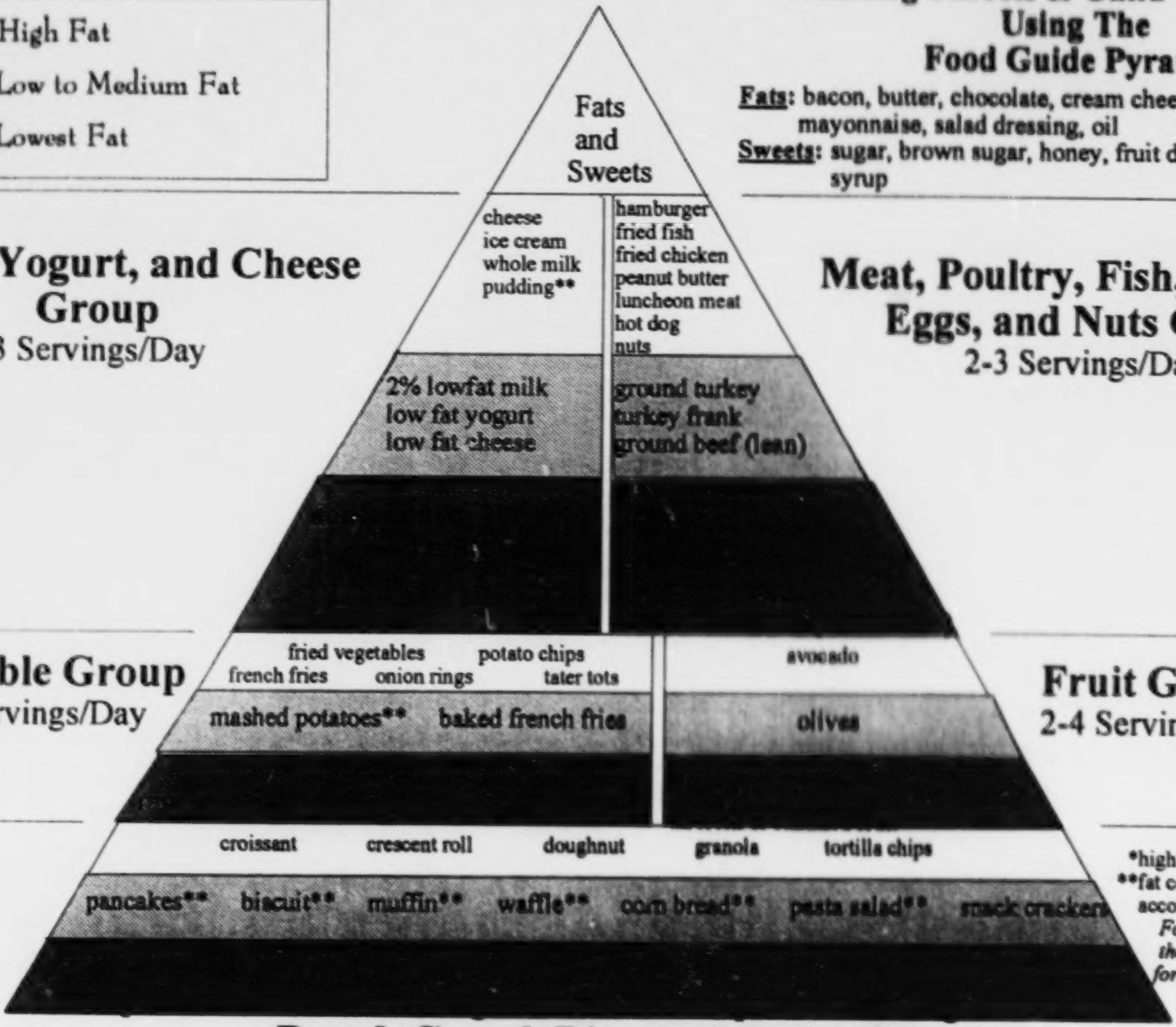
Fats: bacon, butter, chocolate, cream cheese, lard, margarine, mayonnaise, salad dressing, oil

Sweets: sugar, brown sugar, honey, fruit drinks, soft drinks, syrup

☐ High Fat

▨ Low to Medium Fat

■ Lowest Fat



Milk, Yogurt, and Cheese Group
2-3 Servings/Day

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
2-3 Servings/Day

Vegetable Group
3-5 Servings/Day

Fruit Group
2-4 Servings/Day

Bread, Cereal, Rice, and Pasta Group
6-11 Servings/Day

*high in cholesterol
**fat content in foods will vary according to the recipe
For processed foods, check the Nutritional analysis for the exact fat content

Adapted from SHAPE California

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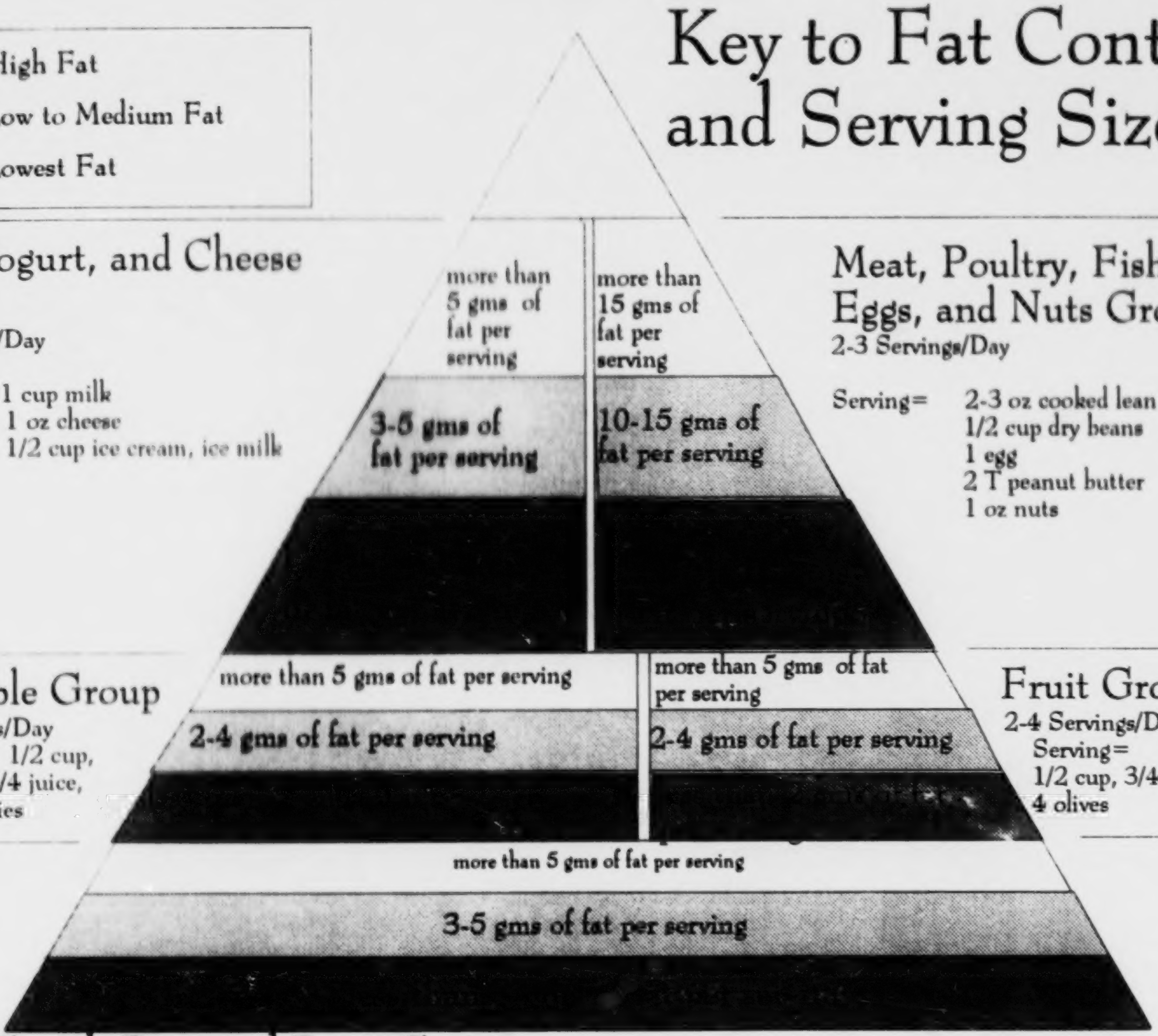
Key to Fat Content and Serving Size

☐ High Fat
▨ Low to Medium Fat
■ Lowest Fat


more than 5 gms of fat per serving
more than 15 gms of fat per serving
3-5 gms of fat per serving
10-15 gms of fat per serving
more than 5 gms of fat per serving
more than 5 gms of fat per serving
2-4 gms of fat per serving
2-4 gms of fat per serving
more than 5 gms of fat per serving
3-5 gms of fat per serving

Milk, Yogurt, and Cheese Group

2-3 Servings/Day

Serving= 1 cup milk
1 oz cheese
1/2 cup ice cream, ice milk

Meat, Poultry, Fish, Dry Beans Eggs, and Nuts Group

2-3 Servings/Day

Serving= 2-3 oz cooked lean meat
1/2 cup dry beans
1 egg
2 T peanut butter
1 oz nuts

Vegetable Group

3-5 Servings/Day
Serving= 1/2 cup,
1 cup raw, 3/4 juice,
10 french fries

Fruit Group

2-4 Servings/Day
Serving= 1 medium,
1/2 cup, 3/4 cup juice,
4 olives

Bread, Cereal, Rice, and Pasta Group

6-11 Servings/Day

Serving= 1 slice bread, 1/2 bagel, 1 oz dry cereal, 1/2 cup cooked cereal, 1/2 cup rice or pasta

Adapted from SHAPE California

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APPENDIX C

Getting Started on Menu Planning Using a NuMenus System

Here is a step-by-step approach to planning menus using the NuMenus system.

Before Going to the Computer:

1. Plan the month's menu on paper.
2. Obtain the nutrient information for processed foods to be used in the menu. This information can be taken off food labels. Collect labels from the food products. Vendors can also provide nutrient information. Commodity foods are already in the database of approved software.
3. Highlight the food items that require a recipe. Collect and organize all recipes to be used within the month. Make sure each recipe lists the total yield and the portion size.

Ready to Work on the Computer:

1. Now you need to enter the ingredients into your database. Many branded items, fruits/vegetables, milk, and commodity items are already in the database. Check to see if the ingredient is in the database by doing a search or listing the ingredients. If the ingredient is in the database, compare the brand name and the nutrient information with the information you have collected. It is very important that the ingredients entered have the correct nutrient information.
2. When you have the ingredients entered, you can formulate recipes. Exact steps may vary, depending on the program being used, but the basic process retrieves ingredients from the database and places them in a recipe. Use easy to remember names for your recipes so you can recall them later.
3. Build a milk recipe by entering each kind of milk as a specific ingredient. The amount of each kind of milk used in the recipe should reflect the amount actually used each day.
4. Set up the menu names for your menus. This is required for grades K-6 and grades 7-12 or can be customized to specific grades/ages for your students. This would be done for each meal you serve (lunch and breakfast, if applicable). If you need the "Nutrient Standards" for fiber, sodium, and cholesterol, contact your state agency.
5. You can now create daily menus by retrieving the recipes used each day. This is when you will need to know the names of the recipes used.

6. Plan your menu, on the computer, for each day for the K-6 grade students. Plan your menu for the grades 7-12 students by copying the K-6 menu into the 7-12 menu on the computer and adjusting each day's portion sizes as needed to meet the Nutrient Standards of these older students.

7. Weight the food choices for grade K-6 menus and grade 7-12 menus, if you offer choices or do an offer versus serve program.

8. Print out a menu calendar report for each week of menus for each specific grade group (K-6 and 7-12).

9. Print out a menu spreadsheet report for each week of menus for each specific grade group (K-6 and 7-12).

10. Evaluate the menus for how they meet the Nutrient Standards for calories, fat, protein, and other key nutrients.

11. Back up your data to floppy disks every time a change is made. By having the information on the floppy disks, you have extra copies of all your computer data -- just in case your computer would fail! It's like an insurance policy! This way you will not need to print out each month's information. When you are reviewed by the state, you will be asked for hard copies of the nutrient analysis information or a backup disk.

For more information or assistance, contact your State Agency.

APPENDIX D

APPROVED SOFTWARE PROGRAMS FOR NUTRIENT ANALYSIS

For your information, the following is an updated list of software companies (as of July 1997) that have been approved for use in NuMenus, Assisted NuMenus, and the State review of Food Based Menus.

Computer Assisted Food Service (CAFS)
Contact: Mr. Andrew Gilich, President
(800) 748-9631

School Nutrition Accountability Program (SNAP)
Contact: Mr. Chip Goodman
(800) 423-2113

Lunch Byte Systems (NUTRIKIDS)
Contact: Paul Moriarty
(800) 724-9853

Horizon Software (BOSS)
Contact: Mr. Bob Williamson
(800) 741-7100

Bon Appetit Software, Inc.
Contact: A.J. Canales
(800) 347-4681

PCS Revenue Control Systems, Inc.
Contact: Safran Israel
(800) 247-3061

Computrition, Inc.
Contact: Ellyn Luros
(800) 222-4488

Keeping TRAC Software
Contact: Carolyn Gump
(800) 611-8722

Nutri-Comp Software Systems
(RECIPE EXPRESS)
Contact: Ralph Ray
(360) 699-4567

For an updated list, contact your State Agency.

APPENDIX E

FOODS OF MINIMAL NUTRITIONAL VALUE

⊗ Soda Water

⊗ Water ices: those which contain fruit or fruit juices are not included.

⊗ Chewing gum

⊗ Certain candies:

- Hard candy includes such foods as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops.
- Jellies and gums includes such foods as gum drops, jelly beans, jellied and fruit-flavored slices.
- Marshmallow candies
- Fondant includes such foods as candy corn and soft mints.
- Licorice
- Spun candy
- Candy-coated popcorn

The above items may not be used in School Lunch except as a part of a recipe when used in conjunction with a food containing nutritional value.

APPENDIX F

INVENTORY

( ) USDA donated foods
( ) Purchased foods
( ) Expendable supplies

Item	Pack/Size	Number Units	Unit Cost	Value

Signature ______________________
Date ______________________

APPENDIX G

Name of Site ____________________ ____________________ Meals served Month ____________ Year _____

Signature of person completing form

																																		Breakfast			Lunch				
Name of client	C	Meals	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total paid	Total reduced	Total free	Total paid	Total reduced	Total free	Grand total break-fast	Grand total lunch
		Breakfast																																							
		Lunch																																							
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		Lunch																																							
Adults*		Breakfast																																							
		Lunch																																							
Totals																																								

Notes: Use E to designate entry.
Use W to designate withdrawal

Record at time of service
Reproduce as needed

C= Eligibility code (to be determined by site manager).
* Adults should be included if they eat with children

Coded Roster Edit Check Sample Form

Site ____________________ Meals served: Month __________ Year _____

Signature of person completing edit(s) ____________________ Date ______________

																																		Breakfast			Lunch				
Number of forms on file Name of client	C	Meals	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total paid	Total red	Total free	Total paid	Total red	Total free	Grand total Break	Grand total lunch
1		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
2		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
3		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
4		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
5		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
6		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
7		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
8		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
9		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
*Adults		Break																																			X	X	X		X
		Lunch																																X	X	X				X	
Totals		Break																																			X	X	X		X
Note. Use E to designate entry, use W for withdrawal. Record at time of service. C = eligibility code (to be determined by site manager). * Adults should be included if they eat with children		Lunch																																X	X	X				X	

APPENDIX H

Frozen Food Storage Guide For Commodities

(in months)

Food Item	40° F	70° F	90° F
[illegible]			
Applesauce, cnd	48	24	12
Apple Slices, cnd	48	24	12
Apricots, cnd	48	24	12
Cherries, cnd	36	18	9
Date Pieces	Refrigerate for up to 5 mo. Freeze for up to 1 year.		
Fig Nuggets	Store at 55-70° F or below for up to one year.		
Mixed Fruit, cnd	48	24	12
Peaches, cnd	48	24	12
Pears, cnd	36	18	9
Pineapple, cnd	48	24	12
Plums, cnd	36	18	9
Plum/Prune Puree	Store in cool, dry area. Use within 9 mo. of delivery.		
Prunes, Pitted, Dried	18	9	5
Raisins, Seedless	18	9	5
BEANS, DRIED			
Beans Blkeye	24	12	9
Beans Lt Kidney	24	12	9
Beans Red Kidney	24	12	9
Lentils	24	12	9
Beans, Lima	24	12	9
Beans, Peas	24	12	9
Beans Split Pea	24	12	9
Beans, Pinto	24	12	9
Beans, Sm Red	24	12	9
VEGETABLES			
Beans Veg, cnd	48	24	12
Beans. Cnd dry	72	36	18
Beans, Refried (lowfat), cnd	72	36	18
Beans, Green, cnd	48	24	12
Carrots, cnd	60	30	15
Corn, cnd	72	36	18
Peas, cnd	72	36	18
Salsa, cnd	48	24	12
Spaghetti Sauce, cnd meatless	48	24	12

Food Item	40° F	70° F	90° F
Sweet Potatoes, cnd	48	24	12
Tomato Paste, cnd	36	18	9
Tomato Products, cnd	48	24	12
MEAT/MEAT			
Beef NJ, cnd	60	36	18
Pork NJ, cnd	60	36	18
Poultry, cnd	60	36	18
Lunch Meat, cnd (Offshore)	60	36	18
Egg Mix, dry	Store in cool, dry place--use within 12-15 months		
Cheeses	*	*	*
Salmon, pink, cnd	72	36	18
Salmon, pouches	72	36	18
Tuna, cnd	72	36	18
GROUP B			
Bakery Mix (reg. & lowfat)	12	6	3
Bulgur (cracked wheat)	Store in cool, dry place--use within 4 months.		
Flour, all types	24	12	6
Cornmeal	24	12	6
Grits, corn	24	12	6
Oats Rolled, Quick	24	12	6
Pasta Products	72	36	18
Rice, Brown	At 36-40 ° F--use in 6 mo. At 50-70° F use in 3 mo.		
Rice, Milled	48	24	12
Peanut Butter (reg. & red. fat)	36	18	9
Peanut Granules	60	24	12
Peanuts Roasted	60	24	12
Vegetable Shortening	48	24	12
Vegetable Oil	24	12	6
Salad Oil Dressing	24	12	6
Salad Dressing, Reduced Cal.	8	5	2
Wheat, Rolled, Quick	24	12	6
NFD Milk	24	12	3
Honey	48	24	12
Butter	Store for 30 days at 32-35 ° F		

*Processed American and Cheddar Cheese can be kept for 18 months at a constant 32° F in its original package. After opening, it can be kept well wrapped at 30-35° F for 3-4 weeks.

*Mozzarella Cheese can be frozen at 0° F for one year in its original package. After opening, it can be kept well wrapped at 30-35° F for 3-4 weeks.

*Lite Mozzarella Cheese is best if used within 5 months when stored between 38 and 42° F in its original package.

*Reduced Fat Cheddar Cheese is best if used within 5 months when stored below 40° F in its original package.

APPENDIX I

Menu

GOOD FOOD

BEST COPY AVAILABLE

RCCI MENUS

These menus have been written specifically for the RCCI sites using a three week cycle for weekdays with additional menus for weekends.

- Three week cycle for weekdays (Monday - Friday) sandwich lunch rotation
- Three week cycle for weekdays (Monday - Friday) breakfast rotation
- Six weekends (Saturday - Sunday) lunch rotation
- Six weekends (Saturday - Sunday) breakfast rotation.

These menus were developed with the help of RCCI and consultants in the Team Nutrition Training Consortium. We would like to thank all involved for their input and support in the development of these recipes and menus for this manual.

Either NuMenus or Food Based can be utilized using these menus. These meals have been defined as "stand alone" cycle menus, which means that EACH day's nutrients are in compliance with the SMI regulations. The advantage of this is ANY lunch can be "switched" around for another lunch and the period of analysis will still be within compliance. The same type of change can be made for breakfast. These menus are cross referenced by cycle menu numbers.

All recipes and menus were developed for the group size of ten.

NOTE:
We realize that all districts and states have unique circumstances that would possibly require changes and/or modifications to these menus and recipes. Our goal in establishing this part of the manual is to provide a "starting point" in the development of menus for each individual site.

Menus have been analyzed using the Nutrikids software Program. If you would like a disk of these menus, please contact the Idaho State Department of Education.

WEEK DAY MENUS - FIRST WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Honey Nut Cheerios Cinnamon Toast Oranges Milk Assortment Cycle #16	**Breakfast** French Toast Syrup Margarine Ham Orange Juice Milk Assortment Cycle #17	**Breakfast** Corn Flakes Banana Wheat Toast Margarine Jam Milk Assortment Cycle #18	**Breakfast** Waffles Margarine Syrup Applesauce Milk Assortment Cycle #19	**Breakfast** Raisin Bran Cinnamon Roll Pineapple Milk Assortment Cycle #20
Lunch Rib B Que on a Bun Barbecue Sauce Green Beans Carrot Sticks Apples, Fresh Pretzels Milk Assortment Cycle #1	**Lunch** Hot Dog on a Bun Mustard Relish Catsup Rice A Roni Corn Margarine Orange halves Milk Assortment Cycle #2	**Lunch** Soft Taco Taco Toppings Shredded Cheese Lettuce/Tomato Mixture Salsa Refried Beans Applesauce Cinnamon Roll Milk Assortment Cycle #3	**Lunch** Chicken Patty on a Bun Catsup Potato Puffs Carrot/Celery Sticks Banana Milk Assortment Cycle #4	**Lunch** Fishburger Mayonnaise, LF Shredded Lettuce French Fries Broccoli Fruit Salad Milk Assortment Cycle #5

WEEKEND MENUS - FIRST WEEK

Saturday	Sunday
Breakfast Oatmeal Brown Sugar Soft Choc. Chip Granola Bars Fruit Yogurt Orange Juice Milk Assortment Cycle #43	**Breakfast** Raisin Bran Cinnamon Rolls Pineapple Chunks Milk Assortment Cycle #44
Lunch Baked Potato Potato Toppings Cheese Sauce Broccoli Turkey Ham Italian Bread Melon Balls Spice Cake Milk Assortment Cycle #31	**Lunch** Baked Chicken Peas Fresh Apples Warm Bread, Margerine Ginger Cookies Milk Assortment Cycle #32

WEEK DAY MENUS - SECOND WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Rice Krispies English Muffin Margarine Jam Peaches Milk Assortment Cycle #21 **Lunch** Sloppy Joes on a Bun Corn Noodles Carrot/Celery Sticks Ranch Dressing, LF Oranges Milk Assortment Cycle #6	**Breakfast** Scrambled Eggs Banana Bread Squares Jam Orange Slices Milk Assortment Cycle #22 **Lunch** Berry Yogurt Strawberries, Fresh Peanuts and Raisins Bagel Carrot Sticks Milk Assortment Cycle #7	**Breakfast** Oatmeal Margarine Sugar, Brown Gingerbread Apples, Fresh Milk Assortment Cycle #23 **Lunch** Turkey Sandwich Lettuce & Tomato Pickles, Dill Mayonnaise, LF Carrot/Celery Sticks Banana Milk Assortment Cycle #8	**Breakfast** Pancakes, Buttermilk Margarine Syrup Ham Oranges Milk Assortment Cycle #24 **Lunch** Hamburger on a Bun Catsup Lettuce & Pickle Potato Wedges Carrot Sticks Vanilla Wafers Banana Milk Assortment Cycle #9	**Breakfast** Golden Graham Cinnamon Toast Strawberries Milk Assortment Cycle #25 **Lunch** Burrito Cheese Sauce Salsa Broccoli Ranch Dressing, LF Corn Spanish Rice Orange Juice Milk Assortment Cycle #10

WEEKEND MENUS - SECOND WEEK

Saturday	Sunday
Breakfast Breakfast Burrito Salsa English Muffins Margarine Jam, Jellies Oranges Milk Assortment Cycle #45 **Lunch** Turkey Ham Cornbread Margarine Raw Honey Coleslaw Cherries Sugar Cookie Milk Assortment Cycle #33	**Breakfast** Corn Flakes Plain Buttermilk Biscuits Margarine Jam, Jellies Grapefruit Sections Milk Assortment Cycle #46 **Lunch** Lasagna Tossed Salad Ranch Dressing, LF Wheat Roll Jam Fruit Cocktail Milk Assortment Cycle #34

WEEK DAY MENUS - THIRD WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bran Chex Oatmeal Muffin Squares Margarine Fruit Cocktail Milk Assortment Cycle #26	**Breakfast** 40% Bran Raisin Bread Margarine Jam Peaches Milk Assortment Cycle #27	**Breakfast** Corn Flakes Biscuit, Prepared Margarine Jam Grapefruit Sections Milk Assortment Cycle #28	**Breakfast** Breakfast Burrito Salsa English Muffin Margarine Jam Oranges Milk Assortment Cycle #29	**Breakfast** Kix Wheat Toast, Margarine Jam Apple Juice Milk Assortment Cycle #30
Lunch Tuna Salad Sandwich Vegetable Soup Crackers, Saltines Tossed Salad Ranch Dressing, LF Oranges Milk Assortment Cycle #11	**Lunch** Ham & Cheese Sandwich Lettuce Leaf Mustard Bean Soup Tortilla Chips Broccoli Low Cal Ranch Dressing Fruit Cocktail Milk Assortment Cycle #12	**Lunch** French Dip Sandwich, RCC Celery Sticks Broccoli Ranch Dressing, LF Cherries, Frozen Milk Assortment Cycle #13	**Lunch** Bagel Deli Sandwich Mustard Mayonnaise, LF Chicken Noodle Soup Crackers, Saltines Cauliflower, Raw Ranch Dressing,. LF Peaches Milk Assortment Cycle #14	**Lunch** Cheeseburger on a Bun Lettuce Leaf Catsup Macaroni Salad Carrot Sticks Power Gelatin Milk Assortment Cycle #15

WEEKEND MENUS - THIRD WEEK

Saturday	Sunday
Breakfast Buttermilk Pancakes Margarine Pancake Syrup Turkey Ham Oranges Milk Assortment Cycle #47	**Breakfast** Golden Graham Cereal Cinnamon Toast, 2 slices Frozen Strawberries Milk Assortment Cycle #48
Lunch Chicken Nuggets Barbecue Sauce Dipper Potato Wedge Catsup Carrots/Celery Sticks Wheat Rolls Peaches Milk Assortment Cycle #35	**Lunch** Roast Turkey and Gravy Mashed Potatoes Turkey Gravy Mixed Vegetables Wheat Bread Applesauce Cake Milk Assortment Cycle #36

WEEK DAY MENUS - FOURTH WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Honey Nut Cheerios Cinnamon Toast Oranges Milk Assortment Cycle #16 **Lunch** Rib B Que on a Bun Barbeque Sauce Green Beans Carrot Sticks Apples, Fresh Pretzels Milk Assortment Cycle #1	**Breakfast** French Toast Syrup Margarine Ham Orange Juice Milk Assortment Cycle #17 **Lunch** Hot Dog on a Bun Mustard Relish Catsup Rice A Roni Corn Margarine Orange Halves Milk Assortment Cycle #2	**Breakfast** Corn Flakes Banana Wheat Toast Margarine Jam Milk Assortment Cycle #18 **Lunch** Soft Taco Taco Toppings Shredded Cheese Lettuce/Tomato Mixture Salsa Refried Beans Applesauce Cinnamon Roll Milk Assortment Cycle #3	**Breakfast** Waffles Margarine Syrup Applesauce Milk Assortment Cycle #19 **Lunch** Chicken Patty on a Bun Catsup Potato Puffs Carrot/Celery Sticks Banana Milk Assortment Cycle #4	**Breakfast** Raisin Bran Cinnamon Roll Pineapple Milk Assortment Cycle #20 **Lunch** Fishburger Mayonnaise, LF Shredded Lettuce French Fries Broccoli Fruit Salad Milk Assortment Cycle #5

WEEKEND MENUS - FOURTH WEEK

Saturday	Sunday
Breakfast Scrambled Eggs Banana Bread Squares Jam, Jellies Orange Juice Milk Assortment Cycle #49 **Lunch** Tuna and Noodles Wheat Bread Margarine Jam, Jellies Carrot Sticks Salad Dressing Fresh Grapes Milk Assortment Cycle #37	**Breakfast** Waffles Margarine Pancake Syrup Cured Pork Bacon Canned Applesauce Milk Assortment Cycle #50 **Lunch** Hamburger Pizza Tossed Salad Low Fat Ranch Dressing Oranges Gingerbread Milk Assortment Cycle #38

WEEK DAY MENUS - FIFTH WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Rice Krispies English Muffin Margarine Jam Peaches Milk Assortment Cycle #21 **Lunch** Sloppy Joes on a Bun Corn Noodles Carrot/Celery Sticks Ranch Dressing, LF Oranges Milk Assortment Cycle #6	**Breakfast** Scrambled Eggs Banana Bread Squares Jam Orange Juice Milk Assortment Cycle #22 **Lunch** Berry Yogurt Strawberries, Fresh Peanuts and Raisins Bagel Carrot Sticks Milk Assortment Cycle #7	**Breakfast** Oatmeal Margarine Sugar, Brown Gingerbread Apples, Fresh Milk Assortment Cycle #23 **Lunch** Turkey Sandwich Lettuce & Tomato Pickles, Dill Mayonnaise, LF Carrot/Celery Sticks Banana Milk Assortment Cycle #8	**Breakfast** Pancakes, Buttermilk Margarine Syrup Ham Oranges Milk Assortment Cycle #24 **Lunch** Hamburger on a Bun Catsup Lettuce & Pickle Potato Wedges Carrot Sticks Vanilla Wafers Banana Milk Assortment Cycle #9	**Breakfast** Golden Graham Cinnamon Toast Strawberries Milk Assortment Cycle #25 **Lunch** Burrito Cheese Sauce Salsa Broccoli Ranch Dressing, LF Corn Spanish Rice Orange Juice Milk Assortment Cycle #10

WEEKEND MENUS - FIFTH WEEK

Saturday	Sunday
Breakfast Oatmeal Margarine Brown Sugar Gingerbread Apple Slices Milk Assortment Cycle #51 **Lunch** Turkey Stir Fry Cooked White Rice Tossed Salad Honey Dressing Pineapple Chunks Sugar Cookie Milk Assortment Cycle #39	**Breakfast** Kix Wheat Toast Jam, Jellies Grapefruit Sections Grape Juice Milk Assortment Cycle #52 **Lunch** Beef Stew Prepared Biscuit Broccoli Apple Slices Oatmeal Cookies Milk Assortment Cycle #40

WEEK DAY M[illegible]S - SIXTH WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bran Chex Oatmeal Muffin Squares Margarine Fruit Cocktail Milk Assortment Cycle #26 **Lunch** Tuna Salad Sandwich Vegetable Soup Crackers, Saltines Tossed Salad Ranch Dressing, LF Oranges Milk Assortment Cycle #11	**Breakfast** 40% Bran Raisin Bread Margarine Jam Peaches Milk Assortment Cycle #27 **Lunch** Ham & Cheese Sandwich Lettuce Leaf Mustard Bean Soup Tortilla Chips Broccoli Low Cal Ranch Dressing Fruit Cocktail Milk Assortment Cycle #12	**Breakfast** Corn Flakes Biscuit, Prepared Margarine Jam Grapefruit Sections Milk Assortment Cycle #28 **Lunch** French Dip Sandwich, RCC Celery Sticks Broccoli Ranch Dressing, LF Cherries, Frozen Milk Assortment Cycle #13	**Breakfast** Breakfast Burrito Salsa English Muffin Margarine Jam Oranges Milk Assortment Cycle #29 **Lunch** Bagel Deli Sandwich Mustard Mayonnaise, LF Chicken Noodle Soup Crackers, Saltines Cauliflower, Raw Ranch Dressing, LF Peaches Milk Assortment Cycle #14	**Breakfast** Kix Wheat Toast, Margarine Jam Apple Juice Milk Assortment Cycle #30 **Lunch** Cheeseburger on a Bun Lettuce Leaf Catsup Macaroni Salad Carrot Sticks Power Gelatin Milk Assortment Cycle #15

WEEKEND MENUS - SIXTH WEEK

Saturday	Sunday
Breakfast French Toast Turkey Ham Pancake Syrup Margarine Orange Juice Milk Assortment Cycle #53 **Lunch** Ground Beef Stroganoff Mashed Potatoes Tossed Salad Salad Dressing Wheat Rolls Applesauce Cake Peaches Milk Assortment Cycle #41	**Breakfast** Golden Graham Cereal Cinnamon Toast Strawberries Milk Assortment Cycle #54 **Lunch** Spaghetti and Meat Sauce Tossed Salad Salad Dressing Italian Bread Fruit Salad Milk Assortment Cycle #42

State Department of Education

RCCI 12-17 Lunch (Mon-Fri)

ycle #1 thru #15

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 1														
Rib B Que on a Bun	1 EACH	10	377	36	673	3.61	2.85	65.59	45	2.76	16.37	32.55	20.54	6.84
BBQ Sauce Dipper	3 TBSP	10	60	0	750	0.00	0.00	0.00	30	0.00	0.00	12.00	0.00	0.00
Green Beans: canned,cooked	1/2 Cup	10	13	0	170	0.88	0.61	17.69	23	2.92	0.82	3.06	0.06	0.01
Carrot Sticks	1/2 Cup	10	37	0	30	2.63	0.44	23.72	2472	8.17	0.90	8.92	0.16	0.02
Apples, Fresh	1 EACH	10	81	0	0	3.72	0.24	9.66	6	7.86	0.26	21.04	0.50	0.08
PRETZELS,HARD,PLAIN,SALTED	1 Oz.	10	108	0	486	0.90	1.22	10.20	0	0.00	2.58	22.45	0.99	0.21
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	825	46	2257	11.76	5.82	414.93	2721	23.94	29.03	122.52	25.16	8.97
% OF CALORIES											14.08%	59.36%	27.45%	9.78%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			100%				130%	104%	907%	130%	179%			
CYCLE NO. 2														
HOT DOG ON A BUN:turkey hot	SERVING	10	251	60	1049	1.16	2.40	119.87	0	0.00	11.76	22.47	12.23	3.85
ustard	1 OZ	10	21	0	354	0.28	0.56	23.81	0	0.00	1.34	1.82	1.24	0.05
ISH: individual PC	PC packet	10	9	0	60	0.08	0.06	0.22	1	0.07	0.03	2.63	0.04	0.00
atsup	1 OZ	10	29	0	336	0.36	0.19	5.38	28	4.28	0.43	7.74	0.10	0.01
Rice A Roni	3/4 Cup	10	180	3	802	0.75	1.35	30.00	60	0.90	4.52	39.75	1.12	0.37
CORN: canned, yellow, 1/2 Cup	1/2 Cup	10	68	0	272	1.68	0.72	4.21	13	7.16	2.21	15.68	0.84	0.13
Margarine	1 TSP	10	33	0	44	0.00	0.00	1.40	46	0.00	0.04	0.04	3.78	0.62
Oranges	1.5 EACH	10	92	0	0	4.71	0.19	78.60	41	104.53	1.84	23.08	0.24	0.03
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	833	74	3066	9.04	5.95	551.57	335	119.17	30.27	135.71	22.50	6.88
% OF CALORIES											14.52%	65.12%	24.30%	7.43%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			101%				132%	138%	112%	649%	187%			
CYCLE NO. 3														
Taco, Soft	2 EACH	10	437	68	526	3.38	4.64	107.19	68	7.75	26.05	43.40	17.19	5.50
TACO TOPPINGS	SERVING	10												
Cheese, Shredded	.5 OZ	10	57	14	87	0.00	0.09	102.24	43	0.00	3.53	0.18	4.70	2.99
Lettuce and Tomato Mixture	.5 CUP	10	6	0	3	0.50	0.18	5.44	16	3.66	0.37	1.17	0.09	0.01
Salsa	1/4 CUP	10	16	0	526	0.00	0.00	0.00	0	0.00	0.60	4.00	0.00	0.00
Refried Beans	1/2 Cup	10	219	0	650	15.65	3.83	79.54	24	5.34	13.34	40.98	0.83	0.16
Applesauce,Canned,Swtnd,WO/Sal	1/2 Cup	10	104	0	4	1.65	0.48	5.51	1	2.34	0.25	27.43	0.25	0.04
Cinnamon Rolls	1 OZ	10	103	0	145	0.83	1.01	19.22	6	0.22	2.30	18.84	2.17	0.31
k Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80

State Department of Education

RCCI 12-17 Lunch (Mon-Fri)

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le #1  thru  #15

                             | Portion  |Plan |      Mg     Mg     G     Mg       Mg     RE       Mg       G        G       G        G
Recipe Name                  |  Size    | Qty |Cals Chol   Sodm  Fiber Iron     Calc  Vit-A    Vit-C     Prot     Carb    T-Fat    S-Fat
=========================================================================================================================================
CYCLE NO. 3 (continued)
-----------------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                                10|1091   93   2091  22.03 10.70  607.20   303    21.53    54.54   158.50    28.14    10.83
% OF CALORIES                                                                                         20.00%   58.12%   23.22%    8.94%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                          825                    4.50  400.00   300    18.35    16.20              30.00%   10.00%
% of RDA Satisfied                             132%                   238%    152%   101%    117%     337%
=========================================================================================================================================

CYCLE NO. 4
-----------
Chicken Patty on Bun         |1 EACH    |    10| 371   44    731  2.70  1.56   32.39      0     0.12    19.97    39.05    14.34     3.76
Catsup                       |2 OZ      |    10|  58    0    672  0.73  0.39   10.77     57     8.56     0.86    15.48     0.20     0.02
Potato Puffs - C             |3 OZ      |    10| 188    0    634  2.72  1.32   25.51      1     5.86     2.85    25.92     9.13     4.33
Catsup                       |1.5 OZ    |    10|  44    0    504  0.55  0.29    8.07     43     6.42     0.64    11.61     0.15     0.02
Carrot/Celery Sticks         |1/2 CUP   |    10|  24    0     47  1.95  0.36   26.72   1241     6.68     0.74     5.82     0.14     0.02
Banana                       |1.5 EACH  |    10| 157    0      1  4.10  0.53   10.26     13    15.56     1.76    40.06     0.82     0.31
Milk Assortment, RCCI        |1 Cup     |    10| 147    9    145  0.00  0.44  288.05    143     2.20     8.10    22.50     2.91     1.80
-----------------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                                10| 992   54   2737 12.77  4.93  401.79   1501    45.43    34.92   160.44    27.69    10.29
% OF CALORIES                                                                                         14.08%   64.64%   25.11%    9.33%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
  's                                           825                    4.50  400.00   300    18.35    16.20              30.00%   10.00%
% of RDA Satisfied                             120%                   110%    100%   500%    248%     216%
=========================================================================================================================================

CYCLE NO. 5
-----------
Fish Burger                  |1 EACH    |    10| 282   29    450  2.16  1.72   59.77      0     0.00    20.66    34.63     7.19     1.51
Mayonnaise, Low Fat          |1 TBSP    |    10|  45    0    100  0.00  0.00    0.00      0     0.00     0.00     0.92     4.58     0.91
Lettuce, Shredded            |1/2 Cup   |    10|   7    0      4  0.77  0.27   10.45     18     2.14     0.56     1.14     0.10     0.01
Potato, French Fries - C     |4 OZ      |    10| 251    0     35  3.62  1.50   10.20      0    12.36     3.92    38.44     9.92     4.71
Catsup                       |1 OZ      |    10|  29    0    336  0.36  0.19    5.38     28     4.28     0.43     7.74     0.10     0.01
BROCCOLI,raw:flowers         |3/4 Cup   |    10|  18    0     17  1.98  0.58   31.68    101    61.51     1.98     3.48     0.24     0.03
FRUIT SALAD: canned,lt syrup |1/2 CUP   |    10|  73    0      7  1.26  0.36    8.82     54     3.15     0.43    19.08     0.09     0.01
Milk Assortment, RCCI        |1 Cup     |    10| 147    9    145  0.00  0.44  288.05    143     2.20     8.10    22.50     2.91     1.80
-----------------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                                10| 856   39   1099 10.16  5.09  414.36    346    85.65    36.08   127.93    25.13     9.02
% OF CALORIES                                                                                         16.84%   59.76%   26.46%    9.49%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                          825                    4.50  400.00   300    18.35    16.20              30.00%   10.00%
% of RDA Satisfied                             104%                   113%    104%   115%    467%     223%
=========================================================================================================================================
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State Department of Education

RCCI 12-17 Lunch (Mon-Fri)

ycle #1 thru #15

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 6														
Sloppy Joes on Bun, RCCI	#16 SCOOP	10	322	42	933	3.99	3.22	55.97	54	14.69	18.17	36.70	11.90	3.58
Corn: frozen, yellow	3/4 Cup	10	108	0	3	2.95	0.51	4.92	16	7.87	3.72	25.59	0.94	0.14
NOODLES,EGG,COOKED,ENRICHED	1/2 Cup	10	106	26	5	0.88	1.27	9.60	4	0.00	3.80	19.87	1.18	0.24
Carrot/Celery Sticks	1/2 CUP	10	24	0	47	1.95	0.36	26.72	1241	6.68	0.74	5.82	0.14	0.02
Dressing, Salad, LF, Ranch	2.5 TBSP	10	66	0	214	0.02	0.04	23.11	2	0.31	0.65	2.31	5.90	1.25
Oranges	1 EACH	10	61	0	0	3.14	0.13	52.40	27	69.69	1.23	15.39	0.16	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	836	79	1350	12.94	6.00	460.79	1489	101.46	36.41	128.18	23.13	7.07
% OF CALORIES											17.40%	61.28%	24.84%	7.61%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			101%				133%	115%	496%	553%	225%			
CYCLE NO. 7														
Yogurt,Fruit,Lofat	8 OZ	10	231	9	132	0.00	0.15	344.80	25	1.49	9.92	43.24	2.46	1.58
STRAWBERRIES,FRESH	1/2 CUP	10	21	0	0	1.65	0.27	10.08	2	40.82	0.44	5.06	0.26	0.01
nuts and Raisins	1/2 Cup	10	340	0	8	5.01	1.65	53.44	0	1.68	10.16	46.50	16.16	2.28
gel.Plain (3.25 oz.)	1 each	10	253	0	263	0.20	1.90	13.99	0	0.00	8.00	52.50	0.70	0.30
Carrot Sticks	1/2 Cup	10	37	0	30	2.63	0.44	23.72	2472	8.17	0.90	8.92	0.16	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	1032	19	581	9.50	4.87	734.11	2643	54.38	37.52	178.72	22.65	6.01
% OF CALORIES											14.52%	69.20%	19.71%	5.24%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			125%				108%	184%	881%	296%	232%			
CYCLE NO. 8														
Sandwich, Turkey RCCI	1 1/2 Sand	10	453	61	2802	3.03	2.78	101.43	0	0.00	42.92	50.00	6.93	2.23
Lettuce/Tomato:1 leaf,2 slices	1 LF, 2 SL	10	7	0	4	0.55	0.21	5.03	21	5.47	0.41	1.56	0.12	0.01
PICKLES,DILL	1 EACH	10	11	0	833	0.78	0.34	5.85	21	1.23	0.40	2.68	0.12	0.03
Mayonnaise, Low Fat	1 TBSP	10	45	0	100	0.00	0.00	0.00	0	0.00	0.00	0.92	4.58	0.91
Carrot/Celery Sticks	1/2 CUP	10	24	0	47	1.95	0.36	26.72	1241	6.68	0.74	5.82	0.14	0.02
Banana	1.5 EACH	10	157	0	1	4.10	0.53	10.26	13	15.56	1.76	40.06	0.82	0.31
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80

State Department of Education

RCCI 12-17 Lunch (Mon-Fri)

[illegible]ycle #1 thru #15

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 8 (continued)														
DAILY AVERAGE		10	848	71	3936	10.41	4.68	437.34	1441	31.16	54.33	123.54	15.62	5.34
% OF CALORIES											25.64%	58.28%	16.56%	5.67%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			103%				104%	109%	480%	170%	335%			
CYCLE NO. 9														
Hamburger on a Bun	1 EACH	10	311	42	570	2.20	3.95	53.97	10	0.13	22.12	31.26	10.69	3.11
Catsup	2 OZ	10	58	0	672	0.73	0.39	10.77	57	8.56	0.86	15.48	0.20	0.02
Lettuce/Pickle:1 leaf,2 slices	1 LF,2 SLC	10	4	0	170	0.44	0.15	3.80	8	0.92	0.25	0.73	0.07	0.01
Potato Wedge - C	2 OZ	10	91	0	29	1.41	1.18	9.07	0	13.32	2.79	20.51	0.18	0.05
Catsup	2 OZ	10	58	0	672	0.73	0.39	10.77	57	8.56	0.86	15.48	0.20	0.02
Carrot Sticks	1/2 Cup	10	37	0	30	2.63	0.44	23.72	2472	8.17	0.90	8.92	0.16	0.02
Vanilla Wafers:Sunshine	1.25 Oz.	10	172	10	106	0.00	0.00	0.00	0	0.00	2.02	24.30	7.09	0.00
Banana	1 EACH	10	104	0	1	2.73	0.35	6.84	9	10.37	1.17	26.71	0.55	0.21
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
[illegible]LY AVERAGE		10	987	62	2400	10.91	7.32	407.01	2759	52.26	39.07	165.89	22.05	5.27
[illegible]F CALORIES											15.84%	67.24%	20.07%	4.81%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			120%				163%	102%	920%	285%	241%			
CYCLE NO. 10														
Burrito, Butcher Boy	4 OZ	10	262	14	341	2.00	2.70	39.99	20	0.00	9.00	32.00	11.00	3.00
Cheese Sauce Mix,Pprd:CARNAT	3 FL OZ	10	75	7	495	0.00	0.00	61.59	8	0.00	1.50	9.02	3.00	0.00
SALSA,COMMODITY	2 Oz.	10	20	0	243	0.79	1.27	6.80	31	2.26	0.85	3.97	0.11	0.01
BROCCOLI,raw: fresh	1/2 Cup	10	12	0	11	1.32	0.38	21.12	67	41.00	1.32	2.30	0.16	0.02
Dressing, Salad, LF, Ranch	1 TBSP	10	26	0	85	0.01	0.01	9.24	1	0.12	0.26	0.92	2.36	0.50
Corn: frozen, yellow	1/2 Cup	10	72	0	2	1.96	0.34	3.28	10	5.24	2.48	17.06	0.63	0.09
Spanish Rice	1/2 Cup	10	137	0	98	1.16	2.19	21.17	47	7.66	4.26	26.78	1.60	0.25
Orange Juice: canned,unswtnd	3/4 Cup	10	78	0	3	0.37	0.82	14.92	33	64.19	1.10	18.38	0.26	0.03
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	832	31	1428	7.63	8.18	466.19	363	122.71	28.87	132.93	22.03	5.73
% OF CALORIES											13.88%	63.88%	23.85%	6.20%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			101%				182%	117%	121%	669%	178%			

State Department of Education

RCCI 12-17 Lunch (Mon-Fri)

Cycle #1 thru #15

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 11														
TUNA SALAD SANDWICH, RCCI	1 1/2 Sand	10	455	78	1069	4.43	4.22	100.77	40	2.70	31.45	45.15	16.39	3.54
VEGETABLE SOUP: scratch	1 CUP	10	45	0	852	1.43	0.83	21.21	169	10.47	2.54	9.58	0.37	0.04
Crackers, Saltines	1 Oz.	10	123	0	369	0.76	1.53	33.73	0	0.00	2.61	20.27	3.35	0.59
Salad,Tossed: No Dressing	1/2 cup	10	8	0	5	0.88	0.30	12.67	246	7.53	0.54	1.69	0.09	0.01
Dressing, Salad, LF, Ranch	2 TBSP	10	52	0	171	0.01	0.03	18.49	1	0.25	0.52	1.85	4.72	1.00
Oranges	1 EACH	10	61	0	0	3.14	0.13	52.40	27	69.69	1.23	15.39	0.16	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	894	88	2613	10.68	7.50	527.34	628	92.86	46.99	116.43	27.99	7.02
% OF CALORIES											21.00%	52.04%	28.17%	7.06%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			108%				167%	132%	210%	506%	290%			
CYCLE NO. 12														
Sandwich, Ham & Cheese RCCI	1 EACH	10	282	42	801	2.70	1.96	167.67	61	0.12	14.38	29.61	12.27	5.24
Lettuce Leaf	2 Each	10	5	0	3	0.56	0.20	7.60	13	1.56	0.40	0.84	0.08	0.01
stard	1.25 OZ	10	26	0	443	0.35	0.71	29.76	0	0.00	1.68	2.28	1.55	0.07
BEAN SOUP, RCCI	2/3 CUP	10	103	0	229	6.74	1.93	46.05	99	2.93	6.56	18.97	0.45	0.09
Tortilla Chips,Plain	1 Oz	10	142	0	149	1.84	0.43	43.65	5	0.00	1.98	17.83	7.43	1.42
BROCCOLI,raw: fresh	1/2 Cup	10	12	0	11	1.32	0.38	21.12	67	41.00	1.32	2.30	0.16	0.02
Dressing, Salad, LF, Ranch	1 TBSP	10	26	0	85	0.01	0.01	9.24	1	0.12	0.26	0.92	2.36	0.50
Fruit Cocktail:canned,lt syrup	3/4 Cup	10	109	0	11	2.10	0.55	11.49	40	3.64	0.76	28.60	0.14	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	854	53	1882	15.64	6.64	624.67	432	51.60	35.44	123.85	27.35	9.19
% OF CALORIES											16.60%	57.96%	28.80%	9.68%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			104%				148%	156%	144%	281%	219%			
CYCLE NO. 13														
French Dip Sandwich, RCCI	1 1/2 Sand	10	497	69	741	3.00	5.00	98.50	0	0.85	32.91	51.63	15.93	5.85
Celery Fresh,Raw,Sticks	1/4 cup	10	5	0	32	0.63	0.14	14.85	4	2.60	0.28	1.36	0.06	0.01
BROCCOLI,raw: fresh	1/3 Cup	10	8	0	7	0.87	0.25	14.06	45	27.31	0.88	1.53	0.11	0.01
Dressing, Salad, LF, Ranch	2 TBSP	10	52	0	171	0.01	0.03	18.49	1	0.25	0.52	1.85	4.72	1.00
CHERRIES,TART,RED,FRZ,SWTND,PI	1/2 Cup	10	113	0	3	1.64	0.63	20.24	106	2.53	1.77	29.10	0.13	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80

State Department of Education

RCCI 12-17 Lunch (Mon-Fri)

ycle #1 thru #15

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 13 (continued)														
DAILY AVERAGE		10	825	80	1102	6.17	6.53	454.21	301	35.75	44.46	107.97	23.86	8.71
% OF CALORIES											21.52%	52.28%	26.01%	9.50%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			100%				145%	114%	101%	195%	274%			
CYCLE NO. 14														
Bagel Deli Sandwich	1 Each	10	353	30	1075	0.20	2.12	104.22	41	0.00	20.71	52.73	5.80	3.29
Mustard	.5 OZ	10	10	0	177	0.14	0.28	11.90	0	0.00	0.67	0.91	0.62	0.02
Mayonnaise, Low Fat	1 TBSP	10	45	0	100	0.00	0.00	0.00	0	0.00	0.00	0.92	4.58	0.91
CHICKEN NOODLE SOUP: scratch	.5 CUP	10	45	9	693	0.46	0.45	8.82	135	1.33	3.19	5.91	0.96	0.22
Crackers, Saltines	1 Oz.	10	123	0	369	0.76	1.53	33.73	0	0.00	2.61	20.27	3.35	0.59
CAULIFLOWER,raw: fresh	.5 CUP	10	12	0	15	1.25	0.22	11.00	1	23.20	0.99	2.60	0.10	0.01
Dressing, Salad, LF, Ranch	2 TBSP	10	52	0	171	0.01	0.03	18.49	1	0.25	0.52	1.85	4.72	1.00
Peaches: canned,light syrup	1/2 Cup	10	68	0	6	1.27	0.46	3.83	44	3.06	0.57	18.58	0.04	0.00
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
ILY AVERAGE		10	860	50	2754	4.11	5.56	480.06	367	30.06	37.36	126.27	23.08	7.88
OF CALORIES											17.36%	58.72%	24.12%	8.24%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			104%				124%	120%	123%	164%	231%			
CYCLE NO. 15														
Cheeseburger on a Bun	1 EACH	10	360	55	774	3.76	3.88	144.34	51	0.13	25.81	30.88	15.27	5.93
Lettuce Leaf	Each	10	2	0	1	0.28	0.10	3.80	6	0.78	0.20	0.42	0.04	0.00
Catsup	1 OZ	10	29	0	336	0.36	0.19	5.38	28	4.28	0.43	7.74	0.10	0.01
MACARONI SALAD	1/2 CUP	10	193	8	156	0.87	1.10	15.27	140	0.95	3.36	19.88	11.22	1.23
Carrot Sticks	1/2 Cup	10	37	0	30	2.63	0.44	23.72	2472	8.17	0.90	8.92	0.16	0.02
Gelatin with orange juice(SH)	3/4 CUP	10	120	0	80	0.02	0.12	5.06	2	4.92	2.42	28.49	0.02	0.00
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	891	73	1526	7.95	6.29	485.65	2845	21.45	41.22	118.83	29.72	9.01
% OF CALORIES											18.52%	53.32%	29.97%	9.11%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			108%				140%	121%	948%	117%	254%			

State Department of Education

RCCI 12-17 Lunch (Mon-Fri)

le #1 thru #15

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE MENU AVERAGE			897	61	2055	10.78	6.40	497.82	1232	59.29	39.10	135.18	24.41	7.81
% OF CALORIES											17.44%	60.24%	24.48%	7.84%

State Department of Education

RCCI 12-17 Lunch (Mon-Fri)

CYCLE MENU SUMMARY - Cycle #1 thru #15

Nutrient	Menu Average	Target	% of Target	Missing Data	Shortfall (if any)	Error Messages (if any)
Calories	897	825	109%			
Cholesterol (Mg)	61					
Sodium (Mg)	2055					
Fiber (G)	10.78					
Iron (Mg)	6.40	4.50	142%			
Calcium (Mg)	497.82	400.00	124%			
Vitamin A (RE)	1232	300	411%			
Vitamin C (Mg)	59.29	18.35	323%			
Protein (G)	39.10	16.20	241%			

Nutrient	Menu Average	% of Calories	Target	Missing Data	Error Messages (if any)
Protein (G)	39.10	17.44%			
Carbohydrate (G)	135.18	60.24%			
Total Fat (G)	24.41	24.48%	30% or less		
Saturated Fat (G)	7.81	7.84%	10% or less		

State Department of Education

RCCI 12-17 Breakfast (Mon-Fri)

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ycle #16  thru  #30

                              | Portion  |Plan |        Mg    Mg     G    Mg      Mg     RE      Mg       G       G       G       G
Recipe Name                   |  Size    | Qty |Cals Chol  Sodm Fiber Iron    Calc  Vit-A   Vit-C    Prot    Carb   T-Fat   S-Fat
==================================================================================================================================
CYCLE NO. 16
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Cereal, Honey Nut Cheerios    |1 CUP     |   10| 124    0   298  1.45  5.24   23.10    436   17.49    3.63   26.50    0.76    0.13
Toast, Cinnamon:2 slices      |2 SLICES  |   10| 394    0   465  2.62  2.34   50.00    179    0.26    5.72   54.83   17.67    3.21
Oranges                       |1 EACH    |   10|  61    0     0  3.14  0.13   52.40     27   69.69    1.23   15.39    0.16    0.02
Milk Assortment, RCCI         |1 Cup     |   10| 147    9   145  0.00  0.44  288.05    143    2.20    8.10   22.50    2.91    1.80
----------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                              10| 728   10   909  7.21  8.16  413.56    787   89.65   18.68  119.22   21.50    5.17
% OF CALORIES                                                                                      10.24%  65.48%  26.55%   6.39%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                          619                    3.40  300.00    225   13.75   12.20           30.00%  10.00%
% of RDA Satisfied                             118%                   240%    138%   350%    652%    153%
==================================================================================================================================

CYCLE NO. 17
------------

French Toast, Reg.Cut, 7/16"  |2 PIECES  |   10| 176   72   473  1.46  1.58   90.30      0    0.00    7.22   27.52    4.04    1.29
Syrup, Pancake                |3 TBSP    |   10| 172    0    49  0.00  0.05    0.60      0    0.00    0.00   45.42    0.00    0.00
Margarine                     |2 TSP     |   10|  67    0    88  0.00  0.00    2.81     93    0.01    0.08    0.08    7.56    1.24
Ham, Turkey, c, SDE           |1.5 OZ    |   10|  54   24   423  0.00  1.20    4.20      0    0.00    8.10    0.15    2.10    0.75
Orange Juice: canned,unswtnd  |1/2 Cup   |   10|  52    0     2  0.24  0.54    9.95     22   42.79    0.73   12.25    0.17    0.02
  k Assortment, RCCI          |1 Cup     |   10| 147    9   145  0.00  0.44  288.05    143    2.20    8.10   22.50    2.91    1.80
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DAILY AVERAGE                              10| 669  106  1182  1.71  3.82  395.91    259   45.01   24.23  107.92   16.78    5.10
% OF CALORIES                                                                                      14.48%  64.44%  22.59%   6.86%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                          619                    3.40  300.00    225   13.75   12.20           30.00%  10.00%
% of RDA Satisfied                             108%                   113%    132%   115%    327%    199%
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CYCLE NO. 18
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Cereal, Corn Flakes           |1/2 CUP   |   10|  48    0   127  0.32  0.78    0.37     99    6.62    1.02   10.76    0.04    0.00
Banana                        |1 EACH    |   10| 104    0     1  2.73  0.35    6.84      9   10.37    1.17   26.71    0.55    0.21
Toast Wheat, Margarine:2 slice|2 SLICES  |   10| 249    0   375  2.39  1.98   33.45     89    0.13    5.62   33.90   10.38    2.02
Jam, Jellies                  |1 TBSP    |   10|  51    0     6  0.19  0.03    1.52      0    0.17    0.08   13.45    0.02    0.00
Milk Assortment, RCCI         |2 Cup     |   10| 294   19   291  0.00  0.89  576.11    287    4.41   16.20   45.00    5.82    3.60
----------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                              10| 749   20   803  5.64  4.05  618.30    485   21.71   24.09  129.82   16.81    5.84
% OF CALORIES                                                                                      12.88%  69.32%  20.16%   7.03%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                          619                    3.40  300.00    225   13.75   12.20           30.00%  10.00%
% of RDA Satisfied                             121%                   119%    206%   216%    158%    197%
==================================================================================================================================
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State Department of Education

RCCI 12-17 Breakfast (Mon-Fri)

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Cycle #16  thru  #30

                                  | Portion   |Plan |        Mg    Mg     G    Mg       Mg      RE       Mg        G        G       G       G
Recipe Name                       |  Size     | Qty |Cals  Chol  Sodm Fiber  Iron     Calc   Vit-A    Vit-C     Prot     Carb   T-Fat   S-Fat
=====================================================================================================================================================
CYCLE NO. 19
------------

WAFFLES,PLN,FRZ,RTH(INCL BTTRM|3 Each      |   10| 263    23   785  2.31  4.46   232.05     403     0.00     6.18    40.53    8.19    1.43
Margarine                     |2 TSP       |   10|  67     0    88  0.00  0.00     2.81      93     0.01     0.08     0.08    7.56    1.24
Syrup, Pancake                |3 TBSP      |   10| 172     0    49  0.00  0.05     0.60       0     0.00     0.00    45.42    0.00    0.00
APPLESAUCE:cnnd,unswtnd,+vit C|1/2 CUP     |   10|  52     0     2  1.46  0.14     3.66       3    25.86     0.20    13.78    0.06    0.01
Milk Assortment, RCCI         |1 Cup       |   10| 147     9   145  0.00  0.44   288.05     143     2.20     8.10    22.50    2.91    1.80
-----------------------------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                                  10| 703    33  1072  3.77  5.11   527.17     643    28.08    14.56   122.31   18.72    4.48
% OF CALORIES                                                                                          8.28%   69.56%  23.94%   5.74%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                               619                    3.40   300.00     225    13.75    12.20             30.00%  10.00%
% of RDA Satisfied                                  114%                   150%     176%    286%     204%     119%
=====================================================================================================================================================

CYCLE NO. 20
------------

Cereal, Raisin Bran           |1 CUP       |   10| 178     0   486  7.50 27.32    26.88     556     1.68     4.37    46.48    0.28    0.04
Cinnamon Rolls                |EACH,2 oz.  |   10| 212     0   293  1.69  2.03    39.27       2     0.49     4.65    38.16    4.74    0.81
Pineapple Chunks:canned,lt syr|2/3 Cup     |   10|  88     0     1  1.19  0.66    23.85       1    12.77     0.61    22.92    0.20    0.01
  k Assortment, RCCI          |1 Cup       |   10| 147     9   145  0.00  0.44   288.05     143     2.20     8.10    22.50    2.91    1.80
-----------------------------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                                  10| 626    10   927 10.39 30.47   378.06     703    17.16    17.73   130.06    8.13    2.67
% OF CALORIES                                                                                         11.32%   83.08%  11.70%   3.84%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                               619                    3.40   300.00     225    13.75    12.20             30.00%  10.00%
% of RDA Satisfied                                  101%                   896%     126%    313%     125%     145%
=====================================================================================================================================================

CYCLE NO. 21
------------

Cereal, Rice Krispes          |1 CUP       |   10| 118     0   360  0.42  1.89     4.20     238    15.90     2.04    26.22    0.21    0.05
ENGLISH MUFFINS,MIXED-GRAIN   |1 Each      |   10| 155     0   274  1.84  1.99   129.36       0     0.00     6.01    30.56    1.19    0.15
Margarine                     |2 TSP       |   10|  67     0    88  0.00  0.00     2.81      93     0.01     0.08     0.08    7.56    1.24
Jam, Jellies                  |2 TBSP      |   10| 102     0    13  0.38  0.07     3.04       0     0.34     0.16    26.90    0.04    0.00
Peaches: canned,light syrup   |1/2 Cup     |   10|  68     0     6  1.27  0.46     3.83      44     3.06     0.57    18.58    0.04    0.00
Milk Assortment, RCCI         |1 Cup       |   10| 147     9   145  0.00  0.44   288.05     143     2.20     8.10    22.50    2.91    1.80
-----------------------------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                                  10| 660     9   889  3.91  4.86   431.29     521    21.53    16.96   124.84   11.95    3.26
% OF CALORIES                                                                                         10.28%   75.60%  16.29%   4.45%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                               619                    3.40   300.00     225    13.75    12.20             30.00%  10.00%
% of RDA Satisfied                                  107%                   143%     144%    232%     157%     139%
=====================================================================================================================================================
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State Department of Education

RCCI 12-17 Breakfast (Mon-Fri)

e #16 thru #30

CYCLE NO. 22

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodn	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Scrambled Eggs	1/3 CUP	10	110	283	410	0.00	0.97	73.06	147	0.32	9.43	2.40	6.73	2.10
BANANA BREAD SQUARES:scratch	2 EACH	10	297	34	275	1.56	1.81	83.35	17	2.72	4.80	51.12	8.64	2.48
Jam, Jellies	1 TBSP	10	51	0	6	0.19	0.03	1.52	0	0.17	0.08	13.45	0.02	0.00
Orange Juice: canned,unswtnd	1/2 Cup	10	52	0	2	0.24	0.54	9.95	22	42.79	0.73	12.25	0.17	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	659	327	840	2.00	3.82	455.94	331	48.21	23.14	101.72	18.47	6.41
% OF CALORIES											14.04%	61.76%	25.20%	8.76%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			106%				112%	152%	147%	351%	190%			

CYCLE NO. 23

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodn	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Cereal, Oatmeal	3/4 CUP	10	106	0	289	3.06	6.40	165.60	460	0.00	4.50	18.36	1.80	0.25
Margarine	2 TSP	10	67	0	88	0.00	0.00	2.81	93	0.01	0.08	0.08	7.56	1.24
SUGAR,BROWN	2 TBSP	10	103	0	10	0.00	0.52	23.37	0	0.00	0.00	26.76	0.00	0.00
GINGERBREAD	1 PIECE	10	236	0	241	0.64	2.07	51.87	0	0.07	2.84	39.15	7.87	1.32
es, Fresh	1.5 EACH	10	122	0	0	5.58	0.37	14.49	10	11.79	0.39	31.56	0.75	0.12
k Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	782	9	776	9.29	9.82	546.20	708	14.09	15.91	138.41	20.89	4.74
% OF CALORIES											8.12%	70.72%	24.03%	5.45%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			126%				289%	182%	315%	103%	130%			

CYCLE NO. 24

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodn	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Pancakes, Buttermilk	2 EACH	10	180	5	464	1.79	1.59	48.82	0	0.00	5.64	31.36	3.40	0.89
Margarine	2 TSP	10	67	0	88	0.00	0.00	2.81	93	0.01	0.08	0.08	7.56	1.24
Syrup, Pancake	2 TBSP	10	114	0	33	0.00	0.03	0.40	0	0.00	0.00	30.28	0.00	0.00
Ham, Turkey, c, SDE	1.5 OZ	10	54	24	423	0.00	1.20	4.20	0	0.00	8.10	0.15	2.10	0.75
Oranges	1 EACH	10	61	0	0	3.14	0.13	52.40	27	69.69	1.23	15.39	0.16	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	625	39	1155	4.93	3.40	396.68	264	71.91	23.15	99.76	16.13	4.70
% OF CALORIES											14.80%	63.80%	23.22%	6.78%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			101%				100%	132%	118%	523%	190%			

State Department of Education

RCCI 12-17 Breakfast (Mon-Fri)

Cycle #16 thru #30

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 25														
Cereal, Golden Graham	1/2 CUP	10	72	0	186	0.66	3.00	11.53	250	10.01	1.06	16.08	0.72	0.10
Toast, Cinnamon:2 slices	2 SLICES	10	394	0	465	2.62	2.34	50.00	179	0.26	5.72	54.83	17.67	3.21
STRAWBERRIES: frozen	1/2 Cup	10	122	0	3	2.42	0.75	14.02	2	52.78	0.68	33.05	0.17	0.00
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	737	10	801	5.70	6.54	363.61	576	65.28	15.56	126.46	21.47	5.13
% OF CALORIES											8.44%	68.60%	26.19%	6.26%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			119%				193%	121%	256%	475%	128%			
CYCLE NO. 26														
Cereal, Bran Chex	1 CUP	10	156	0	345	7.93	14.01	29.40	10	25.97	5.05	39.05	1.37	0.22
Oatmeal Muffin Squares	2 EACH	10	190	0	147	1.38	1.18	21.61	45	0.05	3.64	34.50	4.55	0.77
Margarine	2 TSP	10	67	0	88	0.00	0.00	2.81	93	0.01	0.08	0.08	7.56	1.24
Fruit Cocktail:canned,lt syrup	1/2 Cup	10	72	0	7	1.40	0.37	7.66	26	2.42	0.51	19.07	0.09	0.01
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	634	9	735	10.72	16.01	349.54	319	30.67	17.38	115.20	16.48	4.04
% OF CALORIES											10.96%	72.60%	23.40%	5.74%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			103%				471%	117%	142%	223%	142%			
CYCLE NO. 27														
Cereal, 40% Bran	1 CUP	10	122	0	351	5.33	6.01	17.38	500	20.03	4.35	30.17	0.53	0.08
BREAD,RAISIN,ENR	2 Each	10	142	0	202	2.23	1.50	34.32	0	0.26	4.10	27.20	2.28	0.56
Margarine	2 TSP	10	67	0	88	0.00	0.00	2.81	93	0.01	0.08	0.08	7.56	1.24
Jam, Jellies	2 TBSP	10	102	0	13	0.38	0.07	3.04	0	0.34	0.16	26.90	0.04	0.00
Peaches: canned,light syrup	1/2 Cup	10	68	0	6	1.27	0.46	3.83	44	3.06	0.57	18.58	0.04	0.00
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	651	9	809	9.22	8.50	349.44	782	25.92	17.36	125.43	13.36	3.70
% OF CALORIES											10.64%	76.96%	18.45%	5.11%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			105%				250%	116%	348%	189%	142%			

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State Department of Education

RCCI 12-17 Breakfast (Mon-Fri)

ycle #16 thru #30

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodn	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 28														
Cereal, Corn Flakes	1 CUP	10	97	0	255	0.65	1.57	0.75	198	13.25	2.03	21.52	0.08	0.00
BISCUITS,PLN/BTTRMLK,DRY MIX,P	1 Each	10	190	2	544	1.02	1.16	105.45	14	0.22	4.16	27.59	6.90	1.59
Margarine	2 TSP	10	67	0	88	0.00	0.00	2.81	93	0.01	0.08	0.08	7.56	1.24
Jam, Jellies	2 TBSP	10	102	0	13	0.38	0.07	3.04	0	0.34	0.16	26.90	0.04	0.00
GRAPEFRUIT SECTIONS:cnd,juice	1/2 CUP	10	46	0	8	0.49	0.26	18.67	0	42.20	0.87	11.46	0.11	0.01
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	652	12	1057	2.55	3.52	418.78	451	58.25	15.40	110.05	17.60	4.66
% OF CALORIES											9.44%	67.48%	24.30%	6.44%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			105%				104%	140%	200%	424%	126%			
CYCLE NO. 29														
BREAKFAST BURRITO	1 BURRITO	10	210	241	351	1.55	2.07	79.16	116	7.13	10.65	22.69	8.36	2.20
SALSA,COMMODITY	2 Oz.	10	20	0	243	0.79	1.27	6.80	31	2.26	0.85	3.97	0.11	0.01
ENGLISH MUFFINS,MIXED-GRAIN	1 Each	10	155	0	274	1.84	1.99	129.36	0	0.00	6.01	30.56	1.19	0.15
arine	1 TSP	10	33	0	44	0.00	0.00	1.40	46	0.00	0.04	0.04	3.78	0.62
, Jellies	1 TBSP	10	51	0	6	0.19	0.03	1.52	0	0.17	0.08	13.45	0.02	0.00
Oranges	1.25 EACH	10	76	0	0	3.93	0.16	65.50	34	87.11	1.54	19.24	0.20	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	695	251	1067	8.31	5.98	571.80	373	98.90	27.27	112.45	16.57	4.82
% OF CALORIES											15.68%	64.64%	21.42%	6.24%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			112%				176%	191%	166%	719%	224%			
CYCLE NO. 30														
Cereal, Kix	1 CUP	10	73	0	193	0.34	5.40	23.62	250	10.01	1.70	15.61	0.43	0.11
Toast Wheat, Margarine:2 slice	2 SLICES	10	249	0	375	2.39	1.98	33.45	89	0.13	5.62	33.90	10.38	2.02
Jam, Jellies	2 TBSP	10	102	0	13	0.38	0.07	3.04	0	0.34	0.16	26.90	0.04	0.00
APPLE JUICE:cnnd,unswtn,+vit C	4 fl.oz.	10	58	0	3	0.12	0.45	8.68	0	51.58	0.07	14.48	0.14	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	631	10	732	3.23	8.37	356.86	484	64.28	15.65	113.39	13.90	3.97
% OF CALORIES											9.92%	71.84%	19.80%	5.67%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			102%				246%	119%	215%	468%	128%			

State Department of Education

RCCI 12-17 Breakfast (Mon-Fri)

Cycle #16 thru #30

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE MENU AVERAGE			680	58	917	5.91	8.16	438.21	512	46.71	19.14	118.47	16.58	4.58
% OF CALORIES											11.24%	69.64%	21.96%	6.07%

State Department of Education

RCCI 12-17 Breakfast (Mon-Fri)

CYCLE MENU SUMMARY - Cycle #16 thru #30

Nutrient	Menu Average	Target	% of Target	Missing Data	Shortfall (if any)	Error Messages (if any)
Calories	680	619	110%			
Cholesterol (Mg)	58					
Sodium (Mg)	917					
Fiber (G)	5.91					
Iron (Mg)	8.16	3.40	240%			
Calcium (Mg)	438.21	300.00	146%			
Vitamin A (RE)	512	225	228%			
Vitamin C (Mg)	46.71	13.75	340%			
Protein (G)	19.14	12.20	157%			

Nutrient	Menu Average	% of Calories	Target	Missing Data	Error Messages (if any)
Protein (G)	19.14	11.24%			
Carbohydrate (G)	118.47	69.64%			
Total Fat (G)	16.58	21.96%	30% or less		
Saturated Fat (G)	4.58	6.07%	10% or less		

State Department of Education

RCCI 12-17 Lunch (Sat-Sun)

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Cycle #31  thru  #42

                                | Portion  |Plan |          Mg    Mg     G    Mg      Mg     RE      Mg       G        G       G       G
Recipe Name                     | Size     | Qty |Cals Chol  Sodm Fiber Iron    Calc  Vit-A   Vit-C    Prot     Carb   T-Fat   S-Fat
=====================================================================================================================================
CYCLE NO. 31
------------

Baked Potato                    |1 EACH    |   10| 220    0    16  4.84  2.74   20.20      0   26.05    4.65    50.96    0.20    0.05
POTATO TOPPINGS:                |SERVING   |    0|
Cheese Sauce Mix,Pprd:CARNAT    |2 FL OZ   |   10|  50    5   330  0.00  0.00   41.06      5    0.00    1.00     6.01    2.00    0.00
BROCCOLI,raw: fresh             |1/4 Cup   |   10|   6    0     5  0.66  0.19   10.56     33   20.50    0.66     1.15    0.08    0.01
Ham, Turkey, c, SDE             |2 OZ      |   10|  72   32   564  0.00  1.60    5.60      0    0.00   10.80     0.20    2.80    1.00
Bread Italian (2)               |2 SLICES  |   10| 162    0   350  1.86  1.76   46.80      0    0.00    5.28    30.00    2.10    0.51
MELON BALLS: frozen             |1/2 Cup   |   10|  28    0    26  0.60  0.25    8.65    153    5.36    0.73     6.87    0.22    0.11
SPICE CAKE:(NEW)                |1 PIECE   |   10| 197    1   204  0.00  0.00    0.00      0    0.00    2.86    29.24    7.87    0.00
Milk Assortment, RCCI           |1 Cup     |   10| 147    9   145  0.00  0.44  288.05    143    2.20    8.10    22.50    2.91    1.80
-------------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                                  10| 884   48  1643  7.97  7.00  420.92    335   54.13   34.08   146.93   18.18    3.49
% OF CALORIES                                                                                      15.40%   66.40%  18.45%   3.56%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                            825                  4.50  400.00    300   18.35   16.20            30.00%  10.00%
% of RDA Satisfied                        .      107%                 156%    105%   112%    295%    210%
=====================================================================================================================================

CYCLE NO. 32
------------

  cken, Baked, SDE              |2 oz      |   10| 200   60   108  0.15  1.45   24.18     96    1.19   22.51     0.69    7.18    1.47
PEAS: frozen,boiled             |1/2 Cup   |   10|  62    0    69  4.40  1.25   19.20     53    7.92    4.12    11.41    0.22    0.03
Apples, Fresh                   |1 EACH    |   10|  81    0     0  3.72  0.24    9.66      6    7.86    0.26    21.04    0.50    0.08
Bread, Warm with Margarine      |2 OZ      |   10| 249    0   375  2.39  1.98   33.45     89    0.13    5.62    33.90   10.38    2.02
GINGER COOKIES                  |1 EACH    |   10| 162   27   218  0.55  1.26   25.63     47    0.08    2.08    28.06    4.87    2.83
Milk Assortment, RCCI           |1 Cup     |   10| 147    9   145  0.00  0.44  288.05    143    2.20    8.10    22.50    2.91    1.80
-------------------------------------------------------------------------------------------------------------------------------------
DAILY AVERAGE                                  10| 903   98   919 11.22  6.65  400.18    437   19.40   42.69   117.60   26.06    8.25
% OF CALORIES                                                                                      18.88%   52.08%  25.92%   8.23%
 -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -  -
RDA's                                            825                  4.50  400.00    300   18.35   16.20            30.00%  10.00%
% of RDA Satisfied                               110%                 148%    100%   146%    106%    264%
=====================================================================================================================================

CYCLE NO. 33
------------

Ham, Turkey, c, SDE             |2 OZ      |   10|  72   32   564  0.00  1.60    5.60      0    0.00   10.80     0.20    2.80    1.00
CORNBREAD                       |2 EACH    |   10| 216   26   299  1.83  1.86  138.51     41    0.36    5.42    36.14    5.50    0.92
Margarine                       |1 TSP     |   10|  33    0    44  0.00  0.00    1.40     46    0.00    0.04     0.04    3.78    0.62
HONEY,RAW                       |2 TBSP    |   10|  42    0     0  0.02  0.05    0.84      0    0.07    0.04    11.54    0.00    0.00
Coleslaw                        |1/2 Cup   |   10|  92    0   159  1.72  0.47   32.03    348   20.47    1.02     7.20    6.86    1.35
CHERRIES,TART,RED,FRZ,SWTND,PI  |1/2 Cup   |   10| 113    0     3  1.64  0.63   20.24    106    2.53    1.77    29.10    0.13    0.02
Cookie, Sugar, Whole Wheat      |1 EACH    |   10| 165   15   199  2.09  0.78   33.93     75    0.06    2.84    26.42    6.16    1.08
Milk Assortment, RCCI           |1 Cup     |   10| 147    9   145  0.00  0.44  288.05    143    2.20    8.10    22.50    2.91    1.80
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RCCI 12-17 Lunch (Sat-Sun)

e #31 thru #42

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 33 (continued)														
DAILY AVERAGE		10	884	83	1417	7.31	5.85	520.61	761	25.71	30.03	133.14	28.14	6.81
% OF CALORIES											13.56%	60.20%	28.62%	6.93%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			107%				130%	130%	254%	140%	185%			
CYCLE NO. 34														
Lasagna	PIECE	10	257	66	712	1.66	2.54	160.35	85	9.43	18.53	22.79	10.26	4.58
Salad,Tossed: No Dressing	3/4 cup	10	13	0	8	1.33	0.45	19.00	369	11.29	0.81	2.54	0.14	0.01
Dressing, Salad, LF, Ranch	3 TBSP	10	79	0	256	0.02	0.05	27.74	2	0.37	0.78	2.78	7.08	1.50
Rolls,Wheat: scratch	2.5 OZ	10	214	0	363	3.38	1.95	40.49	0	0.15	6.21	36.31	5.42	0.80
Jam, Jellies	2 TBSP	10	102	0	13	0.38	0.07	3.04	0	0.34	0.16	26.90	0.04	0.00
Fruit Cocktail:canned,lt syrup	1/2 Cup	10	72	0	7	1.40	0.37	7.66	26	2.42	0.51	19.07	0.09	0.01
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	887	77	1508	8.18	5.90	546.35	629	26.23	35.10	132.89	25.94	8.73
% OF CALORIES											15.84%	59.92%	26.28%	8.86%
's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			108%				131%	137%	210%	143%	217%			
CYCLE NO. 35														
Chicken Nuggets - C (6)	6 EACH	10	299	58	438	0.49	1.48	34.62	121	1.23	17.19	14.59	18.80	4.08
BBQ Sauce Dipper	6.5 TBSP	10	30	0	375	0.00	0.00	0.00	15	0.00	0.00	6.00	0.00	0.00
Potato Wedge - C	3 OZ	10	136	0	44	2.12	1.77	13.60	0	19.98	4.19	30.77	0.28	0.07
Catsup	1 OZ	10	29	0	336	0.36	0.19	5.38	28	4.28	0.43	7.74	0.10	0.01
Carrot/Celery Sticks	1/2 CUP	10	24	0	47	1.95	0.36	26.72	1241	6.68	0.74	5.82	0.14	0.02
Rolls,Wheat: scratch	2 OZ	10	171	0	291	2.70	1.56	32.39	0	0.12	4.97	29.05	4.34	0.64
Peaches: canned,light syrup	1/2 Cup	10	68	0	6	1.27	0.46	3.83	44	3.06	0.57	18.58	0.04	0.00
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	908	68	1685	8.92	6.30	404.61	1594	37.58	36.19	135.05	26.61	6.64
% OF CALORIES											15.92%	59.48%	26.37%	6.59%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			110%				140%	101%	531%	205%	223%			

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RCCI 12-17 Lunch (Sat-Sun)

Cycle #31 thru #42

CYCLE NO. 36

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Turkey Roast Gravy	1 CUP	10	239	48	1367	0.30	1.92	83.83	96	0.72	22.14	13.53	10.26	2.55
Mashed Potatoes	1/2 cup	10	100	0	209	1.29	0.24	43.75	51	15.93	2.59	16.65	2.85	0.50
Gravy, Turkey Mix,PRPD:Carnati	1/8 cup	10	15	2	150	0.00	0.00	2.50	0	0.00	0.25	2.50	0.25	0.00
MIXED VEGETABLES:fro,boil,1/2C	1/2 Cup	10	55	0	33	5.11	0.77	23.66	405	3.02	2.71	12.39	0.14	0.02
Bread,Wheat:scratch (2)	2 SLICES	10	184	0	290	2.39	1.98	30.75	0	0.11	5.54	33.82	3.10	0.83
APPLESAUCE CAKE	SERVINGS	10	240	34	179	1.10	1.27	81.49	16	0.66	3.60	38.97	8.42	2.42
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	983	95	2376	10.20	6.65	554.04	712	22.68	44.93	140.36	27.93	8.14
% OF CALORIES											18.28%	57.08%	25.56%	7.45%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			119%				148%	139%	237%	124%	277%			

CYCLE NO. 37

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
TUNA AND NOODLES	1.5 CUP	10	371	65	931	1.53	5.04	186.42	155	5.04	35.92	37.96	7.83	4.03
Bread,Wheat:scratch (2)	2 SLICES	10	184	0	290	2.39	1.98	30.75	0	0.11	5.54	33.82	3.10	0.83
[illegible]rgarine	1 TSP	10	33	0	44	0.00	0.00	1.40	46	0.00	0.04	0.04	3.78	0.62
[illegible]am, Jellies	2 TBSP	10	102	0	13	0.38	0.07	3.04	0	0.34	0.16	26.90	0.04	0.00
Carrot Sticks	1/2 Cup	10	37	0	30	2.63	0.44	23.72	2472	8.17	0.90	8.92	0.16	0.02
Dressing, Salad, LF, Ranch	1 TBSP	10	26	0	85	0.01	0.01	9.24	1	0.12	0.26	0.92	2.36	0.50
GRAPES,Fresh	3/4 Cup	10	43	0	1	0.69	0.20	9.66	6	2.76	0.44	11.84	0.24	0.07
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	948	76	1543	7.64	8.20	552.31	2827	18.77	51.36	142.90	20.42	7.90
% OF CALORIES											21.68%	60.28%	19.35%	7.50%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			115%				182%	138%	942%	102%	317%			

CYCLE NO. 38

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Pizza, Ground Beef Top (SH)	SERVING	10	364	49	422	2.69	3.88	264.75	118	9.40	22.18	38.66	13.23	5.94
Salad,Tossed: No Dressing	1/2 cup	10	8	0	5	0.88	0.30	12.67	246	7.53	0.54	1.69	0.09	0.01
Dressing, Salad, LF, Ranch	1.5 TBSP	10	39	0	128	0.01	0.02	13.87	1	0.18	0.39	1.39	3.54	0.75
Oranges	1.5 EACH	10	92	0	0	4.71	0.19	78.60	41	104.53	1.84	23.08	0.24	0.03
Gingerbread	1 EACH	10	188	0	201	0.53	1.72	43.23	0	0.06	2.36	32.62	5.65	0.79
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80

State Department of Education

RCCI 12-17 Lunch (Sat-Sun)

cle #31 thru #42

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 38 (continued)														
DAILY AVERAGE		10	841	59	903	8.84	6.59	701.18	550	123.93	35.41	119.94	25.66	9.33
% OF CALORIES											16.84%	57.00%	27.45%	9.99%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			102%				146%	175%	184%	675%	219%			
CYCLE NO. 39														
Turkey Stir-Fry	1 1/4 CUP	10	209	28	876	4.55	1.64	53.73	1703	59.68	17.03	15.59	9.82	1.83
Rice, Cooked White	1 CUP	10	185	0	189	0.72	2.25	6.85	0	0.00	3.40	40.78	0.29	0.08
Salad,Tossed: No Dressing	1/2 cup	10	8	0	5	0.88	0.30	12.67	246	7.53	0.54	1.69	0.09	0.01
Honey Dressing	2 TBSP	10	39	0	25	0.04	0.09	30.75	5	1.05	0.93	8.93	0.30	0.16
Pineapple Chunks:canned,lt syr	3/4 Cup	10	99	0	1	1.34	0.74	26.82	2	14.36	0.69	25.77	0.22	0.01
Cookie, Sugar, Whole Wheat	1 EACH	10	165	15	199	2.09	0.78	33.93	75	0.06	2.84	26.42	6.16	1.08
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	856	55	1445	9.63	6.27	452.83	2175	84.91	33.53	141.68	19.79	4.99
% OF CALORIES											15.68%	66.20%	20.79%	5.25%
A's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			104%				139%	113%	725%	463%	207%			
CYCLE NO. 40														
BEEF STEW	1 CUP	10	252	68	1071	2.41	3.68	28.94	352	5.87	23.24	15.96	10.26	3.32
BISCUITS,PLN/BTTRMLK,DRY MIX,P	2 Each	10	381	4	1088	2.05	2.33	210.90	29	0.45	8.32	55.18	13.80	3.18
BROCCOLI,raw: fresh	1/2 Cup	10	12	0	11	1.32	0.38	21.12	67	41.00	1.32	2.30	0.16	0.02
Apples, Fresh	1.5 EACH	10	122	0	0	5.58	0.37	14.49	10	11.79	0.39	31.56	0.75	0.12
Cookie, Oatmeal	1 EACH	10	177	12	141	1.07	0.93	14.98	45	0.21	2.40	23.74	8.54	2.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	1094	95	2459	12.45	8.15	578.49	648	61.55	43.77	151.24	36.42	10.47
% OF CALORIES											16.00%	55.28%	29.97%	8.61%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			133%				181%	145%	216%	335%	270%			

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RCCI 12-17 Lunch (Sat-Sun)

ycle #31 thru #42

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 41														
Ground Beef Stroganoff	3/4 Cup	10	240	50	870	0.46	1.74	87.54	2	2.35	16.95	11.25	13.94	4.81
Mashed Potatoes	3/4 cup	10	151	0	313	1.93	0.36	65.63	77	23.90	3.88	24.98	4.28	0.75
Salad,Tossed: No Dressing	3/4 cup	10	13	0	8	1.33	0.45	19.00	369	11.29	0.81	2.54	0.14	0.01
Dressing, Salad, LF, Ranch	1 TBSP	10	26	0	85	0.00	0.01	9.24	1	0.12	0.26	0.92	2.36	0.50
Rolls,Wheat: scratch	2 OZ	10	171	0	291	2.70	1.56	32.39	0	0.12	4.97	29.05	4.34	0.64
APPLESAUCE CAKE	SERVINGS	10	240	34	179	1.10	1.27	81.49	16	0.66	3.60	38.97	8.42	2.42
Peaches: canned,light syrup	3/4 Cup	10	103	0	9	1.91	0.69	5.74	67	4.59	0.86	27.87	0.06	0.00
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	1094	95	1904	9.45	6.56	589.11	676	45.28	39.43	158.08	36.45	10.95
% OF CALORIES											14.40%	57.76%	29.97%	9.01%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			133%				146%	147%	226%	247%	243%			
CYCLE NO. 42														
Spaghetti and Meat Sauce	1 CUP	10	356	61	337	3.00	4.52	64.11	79	18.46	24.03	39.15	11.64	4.33
lad,Tossed: No Dressing	3/4 cup	10	13	0	8	1.33	0.45	19.00	369	11.29	0.81	2.54	0.14	0.01
ressing, Salad, LF, Ranch	2 TBSP	10	52	0	171	0.01	0.03	18.49	1	0.25	0.52	1.85	4.72	1.00
Bread Italian (2)	2 SLICES	10	162	0	350	1.86	1.76	46.80	0	0.00	5.28	30.00	2.10	0.51
FRUIT SALAD: canned,lt syrup	3/4 CUP	10	109	0	11	1.89	0.54	13.23	81	4.72	0.64	28.61	0.14	0.01
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	841	71	1024	8.10	7.77	449.70	675	36.94	39.38	124.65	21.65	7.68
% OF CALORIES											18.72%	59.20%	23.13%	8.22%
RDA's			825				4.50	400.00	300	18.35	16.20		30.00%	10.00%
% of RDA Satisfied			102%				173%	112%	225%	201%	243%			
CYCLE MENU AVERAGE			927	77	1569	9.16	6.82	514.19	1002	46.43	38.82	137.04	26.10	7.78
% OF CALORIES											16.76%	59.12%	25.29%	7.56%

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CYCLE MENU SUMMARY - Cycle #31 thru #42

Nutrient	Menu Average	Target	% of Target	Missing Data	Shortfall (if any)	Error Messages (if any)
Calories	927	825	112%			
Cholesterol (Mg)	77					
Sodium (Mg)	1569					
Fiber (G)	9.16					
Iron (Mg)	6.82	4.50	152%			
Calcium (Mg)	514.19	400.00	129%			
Vitamin A (RE)	1002	300	334%			
Vitamin C (Mg)	46.43	18.35	253%			
Protein (G)	38.82	16.20	240%			

Nutrient	Menu Average	% of Calories	Target	Missing Data	Error Messages (if any)
Protein (G)	38.82	16.76%			
Carbohydrate (G)	137.04	59.12%			
Total Fat (G)	26.10	25.29%	30% or less		
Saturated Fat (G)	7.78	7.56%	10% or less		

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RCCI 12-17 Breakfast (Sat-Sun)

Cycle #43 thru #54

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 43														
Cereal, Oatmeal	1 CUP	10	141	0	386	4.08	8.54	220.80	614	0.00	6.00	24.48	2.40	0.33
Margarine	1 TSP	10	33	0	44	0.00	0.00	1.40	46	0.00	0.04	0.04	3.78	0.62
SUGAR,BROWN	1 TBSP	10	51	0	5	0.00	0.26	11.68	0	0.00	0.00	13.38	0.00	0.00
GRANOLA BARS,SOFT,CHOC CHIP	1 Each	10	119	0	77	1.36	0.72	26.36	1	0.00	2.07	19.59	4.71	2.88
Yogurt,Fruit,Lofat	4 OZ	10	115	4	66	0.00	0.07	172.40	12	0.74	4.96	21.62	1.23	0.79
Orange Juice: canned,unswtnd	1/2 Cup	10	52	0	2	0.24	0.54	9.95	22	42.79	0.73	12.25	0.17	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	661	14	727	5.69	10.59	730.66	840	45.75	21.90	113.86	15.20	6.45
% OF CALORIES											13.24%	68.84%	20.70%	8.78%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			107%				312%	244%	374%	333%	180%			
CYCLE NO. 44														
Cereal, Raisin Bran	1 CUP	10	178	0	486	7.50	27.32	26.88	556	1.68	4.37	46.48	0.28	0.04
Cinnamon Rolls	EACH,2 oz.	10	212	0	293	1.69	2.03	39.27	2	0.49	4.65	38.16	4.74	0.81
neapple Chunks:canned,lt syr	3/4 Cup	10	99	0	1	1.34	0.74	26.82	2	14.36	0.69	25.77	0.22	0.01
ilk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	637	10	927	10.54	30.55	381.03	704	18.75	17.81	132.91	8.15	2.67
% OF CALORIES											11.16%	83.44%	11.52%	3.78%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			103%				899%	127%	313%	136%	146%			
CYCLE NO. 45														
BREAKFAST BURRITO	1 BURRITO	10	210	241	351	1.55	2.07	79.16	116	7.13	10.65	22.69	8.36	2.20
SALSA,COMMODITY	2 Oz.	10	20	0	243	0.79	1.27	6.80	31	2.26	0.85	3.97	0.11	0.01
ENGLISH MUFFINS,MIXED-GRAIN	1 Each	10	155	0	274	1.84	1.99	129.36	0	0.00	6.01	30.56	1.19	0.15
Margarine	1 TSP	10	33	0	44	0.00	0.00	1.40	46	0.00	0.04	0.04	3.78	0.62
Jam, Jellies	1 TBSP	10	51	0	6	0.19	0.03	1.52	0	0.17	0.08	13.45	0.02	0.00
Oranges	1.25 EACH	10	76	0	0	3.93	0.16	65.50	34	87.11	1.54	19.24	0.20	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	695	251	1067	8.31	5.98	571.80	373	98.90	27.27	112.45	16.57	4.82
% OF CALORIES											15.68%	64.64%	21.42%	6.24%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			112%				176%	191%	166%	719%	224%			

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RCCI 12-17 Breakfast (Sat-Sun)

[illegible]cle #43 thru #54

	Portion	Plan		Mg	Mg	G	Mg	Mg	RE	Mg	G	G	G	G
Recipe Name	Size	Qty	Cals	Chol	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Prot	Carb	T-Fat	S-Fat
CYCLE NO. 46														
Cereal, Corn Flakes	1 CUP	10	97	0	255	0.65	1.57	0.75	198	13.25	2.03	21.52	0.08	0.00
BISCUITS,PLN/BTTRMLK,DRY MIX,P	1 Each	10	190	2	544	1.02	1.16	105.45	14	0.22	4.16	27.59	6.90	1.59
Margarine	2 TSP	10	67	0	88	0.00	0.00	2.81	93	0.01	0.08	0.08	7.56	1.24
Jam, Jellies	2 TBSP	10	102	0	13	0.38	0.07	3.04	0	0.34	0.16	26.90	0.04	0.00
GRAPEFRUIT SECTIONS:cnd,juice	1/2 CUP	10	46	0	8	0.49	0.26	18.67	0	42.20	0.87	11.46	0.11	0.01
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	652	12	1057	2.55	3.52	418.78	451	58.25	15.40	110.05	17.60	4.66
% OF CALORIES											9.44%	67.48%	24.30%	6.44%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			105%				104%	140%	200%	424%	126%			
CYCLE NO. 47														
Pancakes, Buttermilk	2 EACH	10	180	5	464	1.79	1.59	48.82	0	0.00	5.64	31.36	3.40	0.89
Margarine	2 TSP	10	67	0	88	0.00	0.00	2.81	93	0.01	0.08	0.08	7.56	1.24
Syrup, Pancake	2 TBSP	10	114	0	33	0.00	0.03	0.40	0	0.00	0.00	30.28	0.00	0.00
[illegible], Turkey, c, SDE	1.5 OZ	10	54	24	423	0.00	1.20	4.20	0	0.00	8.10	0.15	2.10	0.75
[illegible]anges	1 EACH	10	61	0	0	3.14	0.13	52.40	27	69.69	1.23	15.39	0.16	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	625	39	1155	4.93	3.40	396.68	264	71.91	23.15	99.76	16.13	4.70
% OF CALORIES											14.80%	63.80%	23.22%	6.78%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			101%				100%	132%	118%	523%	190%			
CYCLE NO. 48														
Cereal, Golden Graham	1/2 CUP	10	72	0	186	0.66	3.00	11.53	250	10.01	1.06	16.08	0.72	0.10
Toast, Cinnamon:2 slices	2 SLICES	10	394	0	465	2.62	2.34	50.00	179	0.26	5.72	54.83	17.67	3.21
STRAWBERRIES: frozen	1/2 Cup	10	122	0	3	2.42	0.75	14.02	2	52.78	0.68	33.05	0.17	0.00
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	737	10	801	5.70	6.54	363.61	576	65.28	15.56	126.46	21.47	5.13
% OF CALORIES											8.44%	68.60%	26.19%	6.26%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			119%				193%	121%	256%	475%	128%			

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ycle #43 thru #54

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE NO. 49														
Scrambled Eggs	1/3 CUP	10	110	283	410	0.00	0.97	73.06	147	0.32	9.43	2.40	6.73	2.10
BANANA BREAD SQUARES:scratch	2 EACH	10	297	34	275	1.56	1.81	83.35	17	2.72	4.80	51.12	8.64	2.48
Jam, Jellies	1 TBSP	10	51	0	6	0.19	0.03	1.52	0	0.17	0.08	13.45	0.02	0.00
Orange Juice: canned,unswtnd	1/2 Cup	10	52	0	2	0.24	0.54	9.95	22	42.79	0.73	12.25	0.17	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	659	327	840	2.00	3.82	455.94	331	48.21	23.14	101.72	18.47	6.41
% OF CALORIES											14.04%	61.76%	25.20%	8.76%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			106%				112%	152%	147%	351%	190%			
CYCLE NO. 50														
WAFFLES,PLN,FRZ,RTH(INCL BTTRM	2 Each	10	175	15	523	1.54	2.97	154.70	268	0.00	4.12	27.02	5.46	0.95
Margarine	2 TSP	10	67	0	88	0.00	0.00	2.81	93	0.01	0.08	0.08	7.56	1.24
Syrup, Pancake	2 TBSP	10	114	0	33	0.00	0.03	0.40	0	0.00	0.00	30.28	0.00	0.00
ACON,CURED PORK,COOKED	Slices	10	36	5	100	0.00	0.10	0.75	0	2.10	1.91	0.04	3.08	1.09
LESAUCE:cnnd,unswtnd,+vit C	3/4 CUP	10	78	0	3	2.19	0.22	5.49	5	38.79	0.31	20.66	0.09	0.01
ilk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	620	30	895	3.73	3.77	452.20	511	43.12	14.52	100.58	19.10	5.10
% OF CALORIES											9.36%	64.84%	27.72%	7.41%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			100%				111%	151%	227%	314%	119%			
CYCLE NO. 51														
Cereal, Oatmeal	1 CUP	10	141	0	386	4.08	8.54	220.80	614	0.00	6.00	24.48	2.40	0.33
Margarine	1 TSP	10	33	0	44	0.00	0.00	1.40	46	0.00	0.04	0.04	3.78	0.62
SUGAR,BROWN	2 TBSP	10	103	0	10	0.00	0.52	23.37	0	0.00	0.00	26.76	0.00	0.00
GINGERBREAD	1 PIECE	10	236	0	241	0.64	2.07	51.87	0	0.07	2.84	39.15	7.87	1.32
Apple Slices, Whole Apple	1.5 EACH	10	122	0	0	5.58	0.37	14.49	10	11.79	0.39	31.56	0.75	0.12
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	784	9	828	10.31	11.96	600.00	815	14.09	17.37	144.49	17.71	4.20
% OF CALORIES											8.84%	73.68%	20.34%	4.82%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			127%				352%	200%	362%	102%	142%			

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CYCLE NO. 52

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Cereal, Kix	1 CUP	10	73	0	193	0.34	5.40	23.62	250	10.01	1.70	15.61	0.43	0.11
Toast Wheat, Margarine:2 slice	2 SLICES	10	249	0	375	2.39	1.98	33.45	89	0.13	5.62	33.90	10.38	2.02
Jam, Jellies	2 TBSP	10	102	0	13	0.38	0.07	3.04	0	0.34	0.16	26.90	0.04	0.00
GRAPEFRUIT SECTIONS:cnd,juice	1/2 CUP	10	46	0	8	0.49	0.26	18.67	0	42.20	0.87	11.46	0.11	0.01
GRAPE JUICE: canned,unswtnd	4 fl.oz.	10	77	0	3	0.12	0.30	11.38	1	0.12	0.71	18.92	0.10	0.03
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	696	10	741	3.73	8.47	378.24	485	55.03	17.16	129.29	13.97	4.00
% OF CALORIES											9.84%	74.28%	18.09%	5.18%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			112%				249%	126%	216%	400%	141%			

CYCLE NO. 53

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
French Toast, Reg.Cut, 7/16"	2 PIECES	10	176	72	473	1.46	1.58	90.30	0	0.00	7.22	27.52	4.04	1.29
Ham, Turkey, c, SDE	1.5 OZ	10	54	24	423	0.00	1.20	4.20	0	0.00	8.10	0.15	2.10	0.75
Syrup, Pancake	3 TBSP	10	172	0	49	0.00	0.05	0.60	0	0.00	0.00	45.42	0.00	0.00
garine	2 TSP	10	67	0	88	0.00	0.00	2.81	93	0.01	0.08	0.08	7.56	1.24
nge Juice: canned,unswtnd	1/2 Cup	10	52	0	2	0.24	0.54	9.95	22	42.79	0.73	12.25	0.17	0.02
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	669	106	1182	1.71	3.82	395.91	259	45.01	24.23	107.92	16.78	5.10
% OF CALORIES											14.48%	64.44%	22.59%	6.86%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			108%				113%	132%	115%	327%	199%			

CYCLE NO. 54

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
Cereal, Golden Graham	1 CUP	10	145	0	373	1.32	6.01	23.05	500	20.03	2.12	32.17	1.44	0.20
Toast, Cinnamon:2 slices	2 SLICES	10	394	0	465	2.62	2.34	50.00	179	0.26	5.72	54.83	17.67	3.21
STRAWBERRIES: frozen	1/2 Cup	10	122	0	3	2.42	0.75	14.02	2	52.78	0.68	33.05	0.17	0.00
Milk Assortment, RCCI	1 Cup	10	147	9	145	0.00	0.44	288.05	143	2.20	8.10	22.50	2.91	1.80
DAILY AVERAGE		10	810	10	988	6.36	9.55	375.14	826	75.29	16.62	142.55	22.19	5.23
% OF CALORIES											8.20%	70.40%	24.66%	5.81%
RDA's			619				3.40	300.00	225	13.75	12.20		30.00%	10.00%
% of RDA Satisfied			131%				281%	125%	367%	548%	136%			

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RCCI 12-17 Breakfast (Sat-Sun)

Cycle #43 thru #54

Recipe Name	Portion Size	Plan Qty	Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
CYCLE MENU AVERAGE			687	69	934	5.46	8.50	460.00	536	53.30	19.51	118.50	16.94	4.87
% OF CALORIES											11.36%	68.96%	22.14%	6.38%

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RCCI 12-17 Breakfast (Sat-Sun)

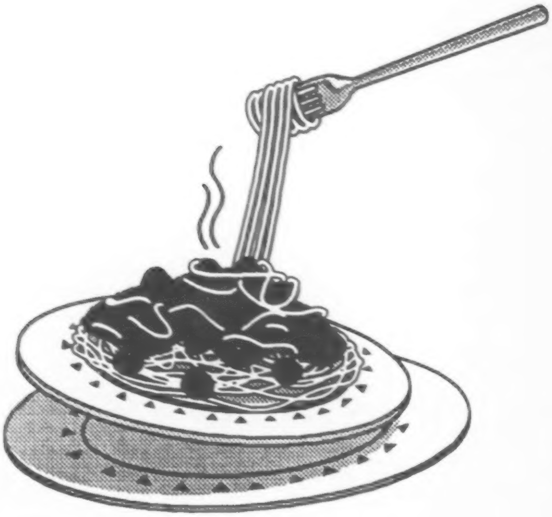
CYCLE MENU SUMMARY - Cycle #43 thru #54

Nutrient	Menu Average	Target	% of Target	Missing Data	Shortfall (if any)	Error Messages (if any)
Calories	687	619	111%			
Cholesterol (Mg)	69					
Sodium (Mg)	934					
Fiber (G)	5.46					
Iron (Mg)	8.50	3.40	250%			
Calcium (Mg)	460.00	300.00	153%			
Vitamin A (RE)	536	225	238%			
Vitamin C (Mg)	53.30	13.75	388%			
Protein (G)	19.51	12.20	160%			

Nutrient	Menu Average	% of Calories	Target	Missing Data	Error Messages (if any)
Protein (G)	19.51	11.36%			
Carbohydrate (G)	118.50	68.96%			
Total Fat (G)	16.94	22.14%	30% or less		
Saturated Fat (G)	4.87	6.38%	10% or less		

RECIPES

MAIN DISHES



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RECIPE MASTER LIST

No.	Description	Portion Size	Makes	
01001	Bagel Deli Sandwich	Each	1	Source: SDE

96952	Bagel.Plain:SOUTHLAND # 325WS	1 EA. 3.25oz
07079	TURKEY BREAST,DELI MEAT	1 1/2 OZS
01042	CHEESE,AMERICAN,PAST PROCESSED	1/2 OZ
R00034	Lettuce/Tomato:1 leaf,2 slices	1 1 LF, 2 SLC

INSTRUCTIONS:

NUTRIENTS: Per Each

Calories	361		Iron	2.33	Mg	Protein	21.12	G		-> Protein 23.35%
Cholesterol	30	Mg	Calcium	109	Mg	Carbohydrate	54.29	G	PERCENT OF	-> Carbohydrates 60.03%
Sodium	1079	Mg	Vitamin A	63	RE	Total Fat	5.92	G	CALORIES FROM	-> Total Fat 14.73%
Fiber	0.75	G	Vitamin C	5.4	Mg	Saturated Fat	3.31	G		-> Saturated Fat 8.24%

00146 - BEEF STEW : USDA D-14
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 CUP

BEEF CANNED,W/NATURAL JUICE,HEATED..........	2 LB + 5 1/4 OZ
OIL,SOYBEAN................................	1 TBSP + 1 7/8 TSP
ONIONS,DEHYDRATED FLAKES....................	1/2 OZ
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	2 1/2 OZ
GARLIC POWDER...............................	7/8 TSP
PAPRIKA.....................................	2/3 TSP
PEPPER,BLACK................................	1/2 TSP
THYME,GROUND................................	1/4 TSP
BEEF STOCK..................................	4 7/8 CUP
CARROTS,CANNED,DRAINED......................	1 2/3 CUP, slices + 7/8 TSP, slices
POTATO CANNED,DRAINED.......................	1 2/3 CUP + 1 2/3 TSP
PEAS GREEN,CANNED,DRAINED...................	1 3/4 CUP

INSTRUCTIONS:

1. Trim all visable fat from beef cubes.

2. Brown beef cubes in oil. Drain.

3. Add onions, flour, garlic powder, paprika, pepper, and thyme.

4. Add water or stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1 1/2 hours, or until meat is tender.

5. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.

6. Pour into serving pans.

7. Portion with 8 oz ladle (1 cup).

SERVING: 1 cup (8-ounce ladle) provides 2 ounces of cooked lean meat and 1/2 cup of vegetable.

NUTRIENTS: Per 1 CUP

Calories....	252		Iron........	3.68	Mg	Protein.....	23.24	G		-> Protein......	36.79%
Cholesterol.	68	Mg	Calcium.....	28	Mg	Carbohydrate	15.96	G	PERCENT OF	-> Carbohydrates	25.26%
Sodium......	1071	Mg	Vitamin A...	352	RE	Total Fat...	10.26	G	CALORIES FROM	-> Total Fat....	36.53%
Fiber.......	2.41	G	Vitamin C...	5.8	Mg	Saturated Fat	3.32	G		-> Saturated Fat	11.84%

00577 - BREAKFAST BURRITO, RCCI : USDA J-2, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 BURRITO

EGGS,WHOLE,FRESH & FROZEN....................	1 LB + 4 OZ
CORN,SWEET YELLOW,FROZEN,KERNELS............	2 OZ
MILK 2% LOWFAT..............................	2 TBSP + 1 1/4 TSP
PEPPERS,SWT,GREEN,RAW.......................	2 1/2 OZ
ONIONS,FRESH................................	1 3/4 OZ
TOMATOES,FRESH,RED RIPE.....................	1/2 OZ
MUSTARD YELLOW PREPARED.....................	2 1/2 TSP
GARLIC,GRANULATED...........................	1/2 TSP
HOT PEPPER SAUCE............................	2/3 TSP
SALT,TABLE..................................	1/2 TSP
TORTILLAS,RTB/RTF,FLOUR.....................	10 tortilla 7" dia

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INSTRUCTIONS:

1. IN A MIXER, BLEND THE EGGS, CORN, MILK, GREEN PEPPERS, DICED ONIONS, TOMATOES, PREPARED MUSTARD, GRANULATED GARLIC, HOT PEPPER SAUCE, AND SALT.

2. POUR THE ABOVE EGG MIXTURE INTO an OILED STEAM TABLE PAN. COVER WITH FOIL OR METAL LID.

TO BAKE: CONVENTIONAL OVEN 350 F, 60 MINUTES
CONVECTION OVEN 325 F, 50 MINUTES
COMPARTMENT STEAMER 30 MINUTES
(BAKE UNTIL THOROUGHLY COOKED)

3. ARRANGE TORTILLAS IN A STEAM TABLE PAN, SO THAT THEY OVERLAP.

TO HEAT: COMPARTMENT STEAMER - 2-3 MINUTES, COVERED WITH PLASTIC WRAP.
CONVENTIONAL OVEN -300 F, 3 MINUTES COVERED WITH A CLEAN DAMP CLOTH.
CONVECTION OVEN -300 F, 3 MINUTES, COVERED WITH A CLEAN DAMP CLOTH.

4. FILL EACH TORTILLA WITH A NO.10 SCOOP OF COOKED EGG MIXTURE.

5. SERVE EACH BURRITO WITH 2 TBSP OF SALSA AS A GARNISH.

NUTRIENTS: Per 1 BURRITO

Calories....	211		Iron........	2.08	Mg	Protein.....	10.66	G		-> Protein......	20.21%
Cholesterol.	241	Mg	Calcium.....	79	Mg	Carbohydrate	22.76	G	PERCENT OF	-> Carbohydrates	43.12%
Sodium......	376	Mg	Vitamin A...	116	RE	Total Fat...	8.36	G	CALORIES FROM	-> Total Fat....	35.66%
Fiber.......	1.56	G	Vitamin C...	7.4	Mg	Saturated Fat	2.20	G		-> Saturated Fat	9.38%

* - Denotes Missing Nutrient Values.

00293 - Burrito, Butcher Boy : Butcher Boy
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 4 OZ

Burrito, Butcher Boy #21200.................. 10 Each

INSTRUCTIONS:

PRODUCT:
Butcher Boy #21200, or nutritionally equivalent product.

Cook product according to instructions.

Serve immediately.

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NUTRIENTS:  Per 4 OZ
      Calories....    262     | Iron........    2.70  Mg | Protein.....    9.00  G |                  -> Protein......  13.69%
      Cholesterol.     14  Mg | Calcium.....      39  Mg | Carbohydrate   32.00  G | PERCENT OF       -> Carbohydrates  48.67%
      Sodium......    341  Mg | Vitamin A...      20  RE | Total Fat...   11.00  G | CALORIES FROM -> Total Fat....  37.64%
      Fiber.......   2.00  G  | Vitamin C...     0.0  Mg | Saturated Fat   3.00  G |                  -> Saturated Fat  10.26%
* - Denotes Missing Nutrient Values.
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00488 - Cheeseburger on a Bun : SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 EACH

Beef Patty - C..............................	10 Patty
Hamburger Bun, Wheat........................	10 EACH 2 oz.
CHEESE,AMERICAN,PAST PROCESSED...............	5 OZ

INSTRUCTIONS:

PRODUCT: Beef Patty -- USDA Commodity, or Pierre #3772 (2.5oz), or nutritionally equivalent beef patty.

PRODUCT: Hamburger Bun
A) Refer to recipe number R00334 under the Bread and Cereal section, named "Hamburger Bun, Wheat" for preparing the bun.
B) If you use commercially baked bread, the standard weight for a 12 pack is 22 oz, which is a 1.8 oz bun. You can substitute this without reanalyzing this week's menus.

1. Cook hamburger patty according to directions. Keep warm.

2. Assemble bun, patty and cheese immediately before serving.

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NUTRIENTS:  Per 1 EACH
      Calories....    360      | Iron........    3.88  Mg | Protein.....    25.81  G |                    -> Protein......    28.63%
      Cholesterol.     55  Mg  | Calcium.....    144   Mg | Carbohydrate   30.88  G |  PERCENT OF        -> Carbohydrates    34.26%
      Sodium......    774  Mg  | Vitamin A...     51   RE | Total Fat...   15.27  G |  CALORIES FROM  -> Total Fat....    38.12%
      Fiber.......   3.76  G   | Vitamin C...    0.1   Mg | Saturated Fat   5.93  G |                    -> Saturated Fat    14.81%
* - Denotes Missing Nutrient Values.
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00291 - Chicken, Baked, SDE : SDE, GA
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 oz

CHICKEN BREAST, ROASTED no SKIN..............	8 1/3 1/2 breast,e/p
LEMON EXTRACT..............................	1/2 CUP
PAPRIKA....................................	1 1/2 TSP
PEPPER,BLACK...............................	1/2 TSP
Chives, Freeze Dried, *....................	1 TBSP + 1 TSP
TARRAGON,GROUND............................	1 1/2 TSP
PARSLEY,DRIED..............................	1/3 CUP + 2 TSP
MARGARINE,REG,CORN(HYDR)...................	1/4 CUP

INSTRUCTIONS:

1. Place chicken breasts in a large container.

2. Pour lemon juice over. Let stand 5 to 10 minutes.

3. Place pan liner on sheet pan and arrange chicken on pan.

4. Sprinkle chicken with paprika and pepper.

5. Combine remaining herbs with margarine and top each piece of chicken with mixuture. Cover pan tightly with foil or lid.

6. Bake at 375 degrees for 30 minutes in convection oven.

7. Do not overcook.

NUTRIENTS: Per 2 oz

Calories....	200		Iron........	1.45	Mg	Protein.....	22.52	G		->	Protein......	44.88%
Cholesterol.	60	Mg	Calcium.....	24	Mg	Carbohydrate	0.69	G	PERCENT OF	->	Carbohydrates	1.37%
Sodium......	108	Mg	Vitamin A...	96	RE	Total Fat...	7.18	G	CALORIES FROM	->	Total Fat....	32.21%
Fiber.......	0.15	G	Vitamin C...	1.1	Mg	Saturated Fat	1.47	G		->	Saturated Fat	6.63%

* - Denotes Missing Nutrient Values.

00105 - CHICKEN NOODLE SOUP: scratch : USDA H-2
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/2 CUP

CHICKEN STOCK	4 7/8 CUP
CELERY,FRESH,RAW	1/2 CUP, diced + 3 2/3 TSP, diced
CARROTS,FRESH,RAW	3 TBSP, diced + 2 1/2 TSP, diced
ONIONS,DEHYDRATED FLAKES	1/4 OZ
PARSLEY,DRIED	1 1/4 TSP
PEPPER,BLACK	1/8 TSP
POULTRY SEASONING	1/8 TSP
NOODLES,EGG,DRY,ENRICHED	2 OZ
CHICKEN CANNED, WO/BROTH	2 2/3 OZ

INSTRUCTIONS:

1. Combine stock, celery, carrots, onions, parsley flakes, pepper and poultry seasoning.

2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.

3. Add noodles and chicken. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.

4. Pour into serving pans.

Serving: 1 cup (8 ounce ladle) provides 1/2 ounce cooked poultry and 1/2 serving of bread alternate.

NUTRIENTS: Per 1/2 CUP

Calories....	45		Iron........	0.45	Mg	Protein.....	3.19	G		-> Protein......	28.31%
Cholesterol.	9	Mg	Calcium.....	8	Mg	Carbohydrate	5.91	G	PERCENT OF	-> Carbohydrates	52.47%
Sodium......	693	Mg	Vitamin A...	135	RE	Total Fat...	0.97	G	CALORIES FROM	-> Total Fat....	19.28%
Fiber.......	0.46	G	Vitamin C...	1.3	Mg	Saturated Fat	0.22	G		-> Saturated Fat	4.43%

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00498 - Chicken Nuggets - C (6)  :  Gold Kist #6114
        NUMBER OF PORTIONS: 10
        SIZE OF PORTIONS:    6 EACH

Chicken Nugget - C..........................        2 LB  +  8 7/8 OZ

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INSTRUCTIONS:

PRODUCT:  USDA Commodity, or Gold Kist #6114, or nutritionally equivalent
nugget.

Cook Nuggets according to instructions.

Serve each student 6 nuggets.




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NUTRIENTS:  Per 6 EACH
     Calories....    299      | Iron........      1.48  Mg | Protein.....     17.19  G |                  -> Protein......   22.98%
     Cholesterol.     58  Mg  | Calcium.....        34  Mg | Carbohydrate     14.59  G |  PERCENT OF      -> Carbohydrates   19.50%
     Sodium......    438  Mg  | Vitamin A...       121  RE | Total Fat...     18.80  G |  CALORIES FROM   -> Total Fat....   56.53%
     Fiber.......   0.49  G   | Vitamin C...       1.2  Mg | Saturated Fat     4.08  G |                  -> Saturated Fat   12.27%
```

00336 - Chicken Patty on Bun : USDA, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 EACH

Chicken Breaded Breast Pattie:TYSON CN #2376.	10 EACH
Hamburger Bun, Wheat..........................	10 EACH 2 oz.

INSTRUCTIONS:

NOTE:
A) REFER TO RECIPE NUMBER 00334 UNDER THE BREAD AND CEREAL SECTION, NAMED "HAMBURGER BUN, WHEAT" FOR PREPARING THE BUN.
B) IF YOU USE COMMERCIALLY BAKED BREAD, THE STANDARD WEIGHT FOR A 12 PACK IS 22 OZ. WHICH IS 1.8 OZ BUN. YOU CAN SUBSTITUTE THIS WITHOUT REANALYZING THIS WEEK'S MENUS.

PRODUCT:
USDA Commodity patty, or Gold Kist #6614, or nutritionally equivalent patty.

1. Cook chicken patties according to instructions.

2. Serve with warmed hamburger bun.

```
NUTRIENTS:  Per 1 EACH
     Calories....    371      | Iron........     1.56  Mg | Protein.....    19.97  G |                      -> Protein......   21.51%
     Cholesterol.     44  Mg  | Calcium.....       32  Mg | Carbohydrate   39.05  G |  PERCENT OF         -> Carbohydrates  42.06%
     Sodium......    731  Mg  | Vitamin A...        0  RE | Total Fat...   14.34  G |  CALORIES FROM  -> Total Fat....   34.75%
     Fiber.......   2.70  G   | Vitamin C...      0.1  Mg | Saturated Fat   3.76  G |                      -> Saturated Fat   9.13%
```

State Department of Education

00331 - Fish Burger : Nampa, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 EACH

Pollock, Oven Crunch AK, PTN..................	10 each
HAMBURGER ROLLS/BUNS,PLAIN....................	10 roll(s)

INSTRUCTIONS:

NOTE:
IF YOU USE A DIFFERENT COMMERICALLY BAKED BREAD, THE STANDARD WEIGHT FOR A 12 PACK IS 22 OZ. WHICH IS A 1.8 OZ BUN. YOU CAN SUBSTITUTE THIS WITHOUT REANALYZING THIS WEEK'S MENUS.

PRODUCT:
Fishery Products, #89177, 3.6 Oz., Pollock, Oven Crunch, or nutritionally equivalent product.

1. Cook fish patty according to directions on package.

2. Place precooked fish patty into a hamburger bun.

3. Cover each pan of fish burgers and place in warmer.
(Fish burgers should never be in warmer more than 15 minutes before serving time. Adjust the time you cook the patties to allow for this).

```
NUTRIENTS:  Per 1 EACH
     Calories....   282      | Iron........   1.72  Mg | Protein.....  20.66  G |                 -> Protein......  29.20%
     Cholesterol.    29  Mg  | Calcium.....     59  Mg | Carbohydrate  34.63  G | PERCENT OF      -> Carbohydrates  48.95%
     Sodium......   450  Mg  | Vitamin A...      0  RE | Total Fat...   7.19  G | CALORIES FROM -> Total Fat....  22.88%
     Fiber.......  2.16  G   | Vitamin C...    0.0  Mg | Saturated Fat  1.51  G |                 -> Saturated Fat   4.81%
* - Denotes Missing Nutrient Values.
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01000 - French Dip Sandwich, RCCI  :  SDE
        NUMBER OF PORTIONS: 10
        SIZE OF PORTIONS:   1 1/2 Sand

BEEF,TIP ROUND,LEAN+FAT,1/4",ALL,ROASTED.....       1 LB,cooked wgt  +  14 OZ,cooked wgt
Bun Hoagie, Eddies, Interstate Brands Corp...      15 Roll
GRAVY,AU JUS,CANNED..........................       1 LB  +  14 OZ

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INSTRUCTIONS:








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NUTRIENTS:  Per 1 1/2 Sand
        Calories....    497      | Iron........   5.00  Mg | Protein.....  32.91  G |                   -> Protein......  26.45%
        Cholesterol.     69  Mg  | Calcium.....     98  Mg | Carbohydrate  51.63  G |  PERCENT OF       -> Carbohydrates  41.50%
        Sodium......    741  Mg  | Vitamin A...      0  RE | Total Fat...  15.93  G |  CALORIES FROM -> Total Fat....  28.81%
        Fiber.......   3.00  G   | Vitamin C...    0.8  Mg | Saturated Fat  5.85  G |                   -> Saturated Fat  10.58%
* - Denotes Missing Nutrient Values.
```

00159 - Ground Beef Stroganoff : USDA D-24
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 3/4 CUP

BEEF GROUND ,75/25 Raw-to Cook & Drain.......	1 LB,raw weight + 13 1/4 OZ,raw weight
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	1 OZ
ONIONS,DEHYDRATED FLAKES.....................	2/3 OZ
GARLIC POWDER................................	1/2 TSP
PARSLEY,DRIED................................	1 TBSP + 1/4 TSP
PEPPER,BLACK.................................	1/4 TSP
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED..	1 2/3 OZ
BEEF STOCK...................................	2 1/4 CUP + 1 2/3 TSP
SOUP,CREAM OF MUSHROOM,CONDENSED.............	1/2 #3 CYL

INSTRUCTIONS:

1. Brown ground beef. Drain.

2. Sprinkle flour over beef and stir.

3. Add onions, garlic powder, parsley flakes, and pepper. Stir to combine. Cook over low heat for approximately 5 minutes.

4. Combine dry milk and water or beef stock. Whip until well blended.

[illegible]. Add liquid and undiluted soup to beef mixture. Stir until well blended. Bring to a boil. Reduce heat and cover. Simmer for 40-45 minutes.

6. Pour into serving pans. Hold for 30 minutes at 180-190 F to allow sufficient time for mixture to thicken.

7. Portion with 6-oz ladle (3/4 cup) over cooked rice, noodles or mashed potatoes.

SERVING: 3/4 cup (6 ounce ladle) provides 2 ounces of cooked lean meat.

NUTRIENTS: Per 3/4 CUP

Calories....	241		Iron........	1.83	Mg	Protein.....	16.01	G		-> Protein......	26.48%
Cholesterol.	48	Mg	Calcium.....	87	Mg	Carbohydrate	11.26	G	PERCENT OF	-> Carbohydrates	18.63%
Sodium......	874	Mg	Vitamin A...	2	RE	Total Fat...	14.49	G	CALORIES FROM	-> Total Fat....	53.92%
Fiber.......	0.46	G	Vitamin C...	2.3	Mg	Saturated Fat	5.02	G		-> Saturated Fat	18.71%

00337 - Hamburger on a Bun : SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 EACH

Beef Patty - C................................	10 Patty
Hamburger Buns, White........................	10 EACH 2 oz.

INSTRUCTIONS:

NOTE:
A) REFER TO RECIPE NUMBER 00455 UNDER THE BREAD AND CEREAL SECTION, NAMED "HAMBURGER BUN, WHITE" FOR PREPARING THE BUN.
B) IF YOU USE COMMERCIALLY BAKED BREAD, THE STANDARD WEIGHT FOR A 12 PACK IS 22 OZ WHICH IS A 1.8 OZ BUN. YOU CAN SUBSTITUTE THIS WITHOUT REANALYZING THIS WEEK'S MENUS.

PRODUCT:
USDA Commodity, or Pierre #3772, or nutritionally equivalent patty.

1. Cook beef patty according to instructions.

2. Place patty on warmed bun. Serve immediately.

```
NUTRIENTS:  Per 1 EACH
     Calories....   311      | Iron........   3.95  Mg | Protein.....   22.12  G |                   -> Protein......  28.41%
     Cholesterol.    42  Mg  | Calcium.....     53  Mg | Carbohydrate   31.26  G | PERCENT OF        -> Carbohydrates  40.15%
     Sodium......   570  Mg  | Vitamin A...     10  RE | Total Fat...   10.69  G | CALORIES FROM     -> Total Fat....  30.90%
     Fiber.......  2.20  G   | Vitamin C...    0.1  Mg | Saturated Fat   3.11  G |                   -> Saturated Fat   9.00%
* - Denotes Missing Nutrient Values.
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00162 - HOT DOG ON A BUN:turkey hot  :
        NUMBER OF PORTIONS: 10
        SIZE OF PORTIONS:   SERVING

HOTDOG ROLLS/BUNS,PLAIN.......................      10 ROLL(s)
HOTDOG,TURKEY.................................       1 LB  +  4 OZ

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INSTRUCTIONS:

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NUTRIENTS:  Per SERVING
     Calories....   251     | Iron........   2.40  Mg | Protein.....  11.76  G |                  -> Protein......  18.73%
     Cholesterol.    60  Mg | Calcium.....    119  Mg | Carbohydrate  22.47  G | PERCENT OF       -> Carbohydrates  35.79%
     Sodium......  1049  Mg | Vitamin A...      0  RE | Total Fat...  12.23  G | CALORIES FROM -> Total Fat....  43.83%
     Fiber.......  1.16  G  | Vitamin C...    0.0  Mg | Saturated Fat  3.85  G |                  -> Saturated Fat  13.81%
```

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00578 - Lasagna, RCCI  :  Vallivue SD
        NUMBER OF PORTIONS: 10
        SIZE OF PORTIONS:    PIECE

BEEF GROUND ,80/20 Raw-to Cook & Drain.......        1 LB,raw weight  +  4 1/3 OZ,raw weight
ONIONS,DEHYDRATED FLAKES.....................      1/4 CUP  +  2/3 TBSP
SALT,TABLE...................................    1 2/3 TSP
TOMATOES,CRUSHED,CANNED,HEATED...............    1 1/3 CUP
TOMATOES,WHOLE,CANNED........................      1/2 CUP  +  3 3/4 TSP
WATER........................................    2 1/3 CUP
PEPPER,BLACK.................................      1/2 TSP
Green peppers, freeze-dried * SDE............    2 1/2 TSP
WORCHESTERSHIRE SAUCE........................    1 1/2 TSP
Italian Seasoning Mix........................      3/4 TSP
OREGANO,GROUND...............................    1 1/4 TSP
Garlic, Granulated, Dehydrated, SDE..........      1/2 TSP
SUGAR,GRANULATED.............................        1 TBSP  +  1/3 TSP
CHILI POWDER.................................    1 3/4 OZ
NOODLES,EGG,DRY,ENRICHED.....................    7 1/4 OZ

CHEESE,MOZZARELLA,PART SKIM..................    7 1/4 OZ
```

INSTRUCTIONS:

MPORTANT: The day before serving:

1. Brown ground beef and dry onions together. When cooked, drain well.
2. Add salt, crushed tomatoes, whole tomatoes, water, pepper, dried green pepper, worchestershire sauce, italian seasoning, oregano, granulated garlic, sugar and chili powder. Heat thoroughly and put in large steamer pans. Place in the warmer.
3. Spray cake pans.
4. In each pan: pour in the following order - sauce,
layer uncooked noodles, sides touching;
sprinkle mozzarella cheese over noodles and sauce;
layer uncooked noodles, sides touching;
pour sauce over top.
5. Cover with plastic wrap. Poke holes in top and put in refrigerator overnight.
6. On serving day, take plastic wrap off and cover with foil.
7. Bake until bubbly (30 to 40 minutes) at 325 degrees F in convection oven.
8. When done, sprinkle each pan of lasagna with mozzarella cheese.
9. Let rest for 10 minutes before cutting.

```
NUTRIENTS:  Per PIECE
     Calories....   268     | Iron........   3.17  Mg | Protein.....   18.97  G |                  -> Protein......  28.26%
     Cholesterol.    64  Mg | Calcium.....    174  Mg | Carbohydrate   24.74  G | PERCENT OF       -> Carbohydrates  36.87%
     Sodium......   701  Mg | Vitamin A...    245  RE | Total Fat...   10.99  G | CALORIES FROM    -> Total Fat....  36.84%
     Fiber.......  3.26  G  | Vitamin C...   12.6  Mg | Saturated Fat   4.72  G |                  -> Saturated Fat  15.85%
 * Denotes Missing Nutrient Values.
```

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00345 - Rib B Que on a Bun : SDE, Pierre
NUMBER OF PORTIONS: 1
SIZE OF PORTIONS: 10 EACH

Rib-B-Q,Pork:PIERRE #1830....................,	10 EA. 2.25oz
Hamburger Bun, Wheat.........................	10 EACH 2 oz.

INSTRUCTIONS:

NOTE:
A) REFER TO RECIPE NUMBER R00334 UNDER THE BREAD AND CEREAL SECTION, NAMED "HAMBURGER BUN, WHEAT" FOR PREPARING THE BUN.
B) IF YOU USE COMMERCIALLY BAKED BREAD, THE STANDARD WEIGHT FOR A 12 PACK IS 22 OZ. WHICH IS A 1.8 OZ BUN. YOU CAN SUBSTITUTE THIS WITHOUT REANALYZING THIS WEEK'S MENUS.

PRODUCT:
Pierre #1830, or nutritionally equivalent product.

1. Cook RibBQue according to instructions.

2. Make bun according to recipe.

3. Place patty on warmed bun.

```
NUTRIENTS:  Per 10 EACH
     Calories....   3773      | Iron........   28.56  Mg | Protein.....  163.69  G |                 -> Protein......  17.35%
     Cholesterol.    369  Mg  | Calcium.....     655  Mg | Carbohydrate  325.48  G |  PERCENT OF     -> Carbohydrates  34.51%
     Sodium......   6734  Mg  | Vitamin A...     449  RE | Total Fat...  205.42  G |  CALORIES FROM  -> Total Fat....  49.00%
     Fiber.......  36.15  G   | Vitamin C...    27.6  Mg | Saturated Fat  68.41  G |                 -> Saturated Fat  16.32%
```

00566 - Sandwich, Ham & Cheese RCCI : Nampa SD, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 EACH

Ham, Turkey,Picnic-C..........................	10 OZ
CHEESE,AMERICAN,PAST PROCESSED...............	7 1/2 OZ
Hamburger Bun, Wheat..........................	10 EACH 2 oz.

INSTRUCTIONS:

NOTE:
A) REFER TO RECIPE NUMBER 00334 UNDER THE BREAD AND CEREAL SECTION, NAMED "HAMBURGER BUN, WHEAT" FOR PREPARING THE BUN.
B) IF A COMMERCIALLY BAKED BREAD IS USED, THE STANDARD WEIGHT FOR A 12 PACK IS 22 OZ. WHICH IS 1.8 OZ BUN. YOU CAN SUBSTITUTE THIS WITHOUT REANALYZING THIS WEEK'S MENUS.

1. Shave meat and preslice cheese. Place 2.88 oz. of meat and 1 oz. cheese per bun.

2. Place meat and cheese on the bottom of the bun.

3. Top each sandwich with bun. Cover and refrigerate till ready to warm.

. Warm till cheese is melted. Serve immediately.

```
NUTRIENTS:  Per 1 EACH
      Calories....    282      | Iron........     1.96  Mg | Protein.....    14.38  G |                 -> Protein......   20.37%
      Cholesterol.     42  Mg  | Calcium.....      167  Mg | Carbohydrate    29.61  G | PERCENT OF      -> Carbohydrates   41.94%
      Sodium......    801  Mg  | Vitamin A...       61  RE | Total Fat...    12.27  G | CALORIES FROM   -> Total Fat....   39.10%
      Fiber.......   2.70  G   | Vitamin C...      0.1  Mg | Saturated Fat    5.24  G |                 -> Saturated Fat   16.72%
* - Denotes Missing Nutrient Values.
```

00511 - Sandwich, Turkey RCCI : Nampa, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 1/2 Sand

TURKEY BREAST,DELI MEAT......................	3 LB + 5 OZ
Bun Hoagie, Eddies, Interstate Brands Corp...	15 1/4 Roll

INSTRUCTIONS:

NOTE:
IF A DIFFERENT COMMERCIALLY BAKED BREAD IS USED, YOU CAN SUBSTITUTE FOR THIS PRODUCT WITHOUT REANALYZING THIS WEEK'S MENUS IF A PRODUCT OF SIMILAR WEIGHT IS USED. THE WEIGHT FOR THIS BRANDED PRODUCT IS 2.5 OZ. PER ROLL.

1. Shave or preslice meat.

2. Place 3.5 oz of meat on each bun.

3. Top each sandwich with bun. Cover and refrigerate till serving time.

```
NUTRIENTS: Per 1 1/2 Sand
     Calories....    453    | Iron........   2.78  Mg | Protein.....   42.92  G |                 -> Protein......  37.87%
     Cholesterol.     61 Mg | Calcium.....    101  Mg | Carbohydrate   50.00  G | PERCENT OF      -> Carbohydrates  44.12%
     Sodium......   2802 Mg | Vitamin A...      0  RE | Total Fat...    6.93  G | CALORIES FROM   -> Total Fat....  13.75%
     Fiber.......   3.03 G  | Vitamin C...    0.0  Mg | Saturated Fat   2.23  G |                 -> Saturated Fat   4.44%
* - Denotes Missing Nutrient Values.
```

00269 - Sloppy Joes on Bun, RCCI : Coeur d'AleneSD
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: #16 SCOOP

BEEF GROUND ,80/20 Raw-to Cook & Drain.......	1 LB,raw weight + 9 2/3 OZ,raw weight
CELERY,FRESH,RAW.............................	3 1/4 OZ
ONIONS,DEHYDRATED FLAKES.....................	7/8 OZ
GARLIC POWDER................................	OZ
CHILI POWDER.................................	OZ
SALT,TABLE...................................	1/2 OZ
PEPPER,BLACK.................................	OZ
TOMATOES,CRUSHED,CANNED,HEATED...............	3/4 CUP + 1 1/2 TSP
TOMATO PASTE,CANNED,HEATED...................	2/3 CUP + 7/8 TSP
WORCHESTERSHIRE SAUCE........................	2 1/2 TSP
SUGAR,GRANULATED.............................	1/4 OZ
Hamburger Bun, Wheat.........................	10 EACH 2 oz.

INSTRUCTIONS:

NOTE:
A) REFER TO RECIPE NUMBER R00334 UNDER THE BREAD AND CEREAL SECTION, NAMED "HAMBURGER BUN, WHEAT" FOR PREPARING THE BUN.
) IF YOU USE COMMERICALLY BAKED BREAD, THE STANDARD WEIGHT FOR A 12 PACK IS 22 OZ. WHICH IS 1.8 OZ BUN. YOU CAN SUBSTITUTE THIS WITHOUT REANALYZING THIS WEEK'S MENUS.

1. Chop celery.

2. Brown ground beef and drain well. Add celery, onions, and seasonings and mix well.

3. Add tomatoes, tomato paste, worcestershire sauce, and sugar. Simmer approximately 1 hour.

4. Serve with a # 16 scoop on hot hamburger buns.

NUTRIENTS: Per #16 SCOOP

Calories....	322		Iron........	3.22	Mg	Protein.....	18.17	G		->	Protein......	22.57%
Cholesterol.	42	Mg	Calcium.....	55	Mg	Carbohydrate	36.70	G	PERCENT OF	->	Carbohydrates	45.58%
Sodium......	933	Mg	Vitamin A...	54	RE	Total Fat...	11.90	G	CALORIES FROM	->	Total Fat....	33.27%
Fiber.......	3.99	G	Vitamin C...	14.6	Mg	Saturated Fat	3.58	G		->	Saturated Fat	10.01%

00315 - Taco, Soft : USDA, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 EACH

BEEF GROUND ,80/20 Raw-to Cook & Drain.......	2 LB,raw weight + 9 1/4 OZ,raw weight
ONIONS,DEHYDRATED FLAKES.....................	1 TBSP + 2 1/2 TSP
GARLIC POWDER................................	1 7/8 TSP
PEPPER,BLACK.................................	7/8 TSP
TOMATO PASTE,CANNED,W/SALT...................	2/3 CUP + 7/8 TSP
WATER..	1 2/3 CUP + 7/8 TSP
CHILI POWDER.................................	2 1/2 TSP
CUMIN..	1 7/8 TSP
PAPRIKA......................................	2/3 TSP
ONION POWDER.................................	2/3 TSP
TORTILLAS,RTB/RTF,FLOUR......................	20 tortilla 7" dia

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INSTRUCTIONS:

1. Brown ground beef. Drain well.

2. Add onions, garlic powder, pepper,tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes.

Serving suggestions (1 taco per serving):
A. Before serving or on serving line, fill each tortilla with 4 Tbsp (#16 scoop) meat mixture. On each student tray, serve 1 taco. OR

B. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 1 unfilled torilla, and No. 16 scoop (1/4 cup) meat mixture. Instruct students to "build" their own tacos.

OPTIONAL TACO TOPPINGS: shredded cheese, lettuce and tomato mixture (Recipe #00384 under Vegetable Section), and salsa.

```
NUTRIENTS:  Per 2 EACH
     Calories....    437     | Iron........    4.64  Mg | Protein.....    26.05  G |                      -> Protein......   23.83%
     Cholesterol.     68  Mg | Calcium.....     107  Mg | Carbohydrate    43.40  G | PERCENT OF        -> Carbohydrates  39.70%
     Sodium......    526  Mg | Vitamin A...      68  RE | Total Fat...    17.19  G | CALORIES FROM  -> Total Fat....   35.39%
     Fiber.......   3.38  G  | Vitamin C...     7.7  Mg | Saturated Fat    5.50  G |                      -> Saturated Fat  11.33%
```

00176 - TUNA AND NOODLES : USDA D-37
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1.5 CUP

WATER..	2 QUART + 1 2/3 CUP
NOODLES,EGG,DRY,ENRICHED.....................	12 OZ
BUTTER,W/SALT................................	2 1/2 OZ
CELERY,FRESH,RAW.............................	1 1/4 CUP, diced
ONIONS,DEHYDRATED FLAKES.....................	2/3 OZ
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	2 1/2 OZ
MILK SKIM....................................	4 7/8 CUP
CHICKEN STOCK................................	4 7/8 CUP
PEPPER,BLACK.................................	1/2 TSP
PARSLEY,DRIED................................	2 TBSP + 1 1/4 TSP
SALT,TABLE...................................	1/2 TSP
TUNA,LIGHT,WATER PAK,WO/SALT,DRAINED.........	2/3 CAN (66.5)
LEMON JUICE,FROZEN,UNSWEETEND................	3 TBSP + 2/3 TSP

INSTRUCTIONS:

1. Heat water to rolling boil.

2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK.

3. Melt butter. Add celery and onions. Cook over medium heat for 5-6 minutes.

4. Add flour and stir until smooth.

5. Add milk, chicken stock, pepper, parsley flakes, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.

6. Add cooked noodles, tuna, and lemon juice. Stir gently to combine. Cook over medium heat for 6-8 minutes, or until heated through.

7. Pour into serving pans. Hold for 30 minutes on 180-190 F steamtable to allow sufficient time for mixture to set up properly.

SERVING: 1 cup (8 ounce ladle) provides 2 ounces of cooked fish and 1 serving of bread alternate.

NUTRIENTS: Per 1.5 CUP

Calories....	371		Iron........	5.03	Mg	Protein.....	35.92	G		-> Protein......	38.63%
Cholesterol.	65	Mg	Calcium.....	186	Mg	Carbohydrate	37.96	G	PERCENT OF	-> Carbohydrates	40.82%
Sodium......	931	Mg	Vitamin A...	155	RE	Total Fat...	7.83	G	CALORIES FROM	-> Total Fat....	18.95%
Fiber.......	1.53	G	Vitamin C...	5.0	Mg	Saturated Fat	4.03	G		-> Saturated Fat	9.76%

00558 - TUNA SALAD SANDWICH, RCCI : USDA F-8, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 1/2 Sand

TUNA,LIGHT,WATER PAK,DRAINED..................	2/3 CAN (66.5)
ONIONS,DEHYDRATED FLAKES......................	1/3 OZ
CELERY,FRESH,RAW..............................	2 1/4 CUP, diced + 1 1/8 TSP, diced
PICKLE RELISH,SWEET...........................	2 2/3 OZ
MUSTARD ,DRY..................................	1/2 TSP
EGGS,WHOLE,HARD-BOILED........................	2 1/2 large egg(s)
MAYONNAISE,LoFat,No Cholesterol...............	11 7/8 OZ
BREAD WHITE...................................	15 1/4 slice
BREAD WHOLE-WHEAT.............................	15 1/4 slice

INSTRUCTIONS:

1. Drain and flake tuna.

2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs(optional), and mayonnaise. Mix lightly until well blended.

3. Cover and refrigerate until ready to use.

4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.

SERVING: 1 sandwich provides 2 ounces of cooked fish and 2 servings of bread.

NUTRIENTS: Per 1 1/2 Sand

Calories....	455		Iron........	4.22	Mg	Protein.....	31.45	G		->	Protein......	27.62%
Cholesterol.	78	Mg	Calcium.....	100	Mg	Carbohydrate	45.15	G	PERCENT OF	->	Carbohydrates	39.66%
Sodium......	1069	Mg	Vitamin A...	40	RE	Total Fat...	16.39	G	CALORIES FROM	->	Total Fat....	32.40%
Fiber.......	4.43	G	Vitamin C...	2.7	Mg	Saturated Fat	3.54	G		->	Saturated Fat	7.00%

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00406 - Turkey Roast Gravy : USDA D-16, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 CUP

MARGARINE,REG,CORN(HYDR)......................	2 1/8 OZ
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	3 OZ
CHICKEN STOCK................................	4 7/8 CUP + 1 2/3 TSP
MILK SKIM....................................	2 1/2 CUP
POULTRY SEASONING............................	1/2 TSP
PEPPER,BLACK.................................	1/2 TSP
ONION POWDER.................................	1 TBSP + 2/3 TSP
TURKEY ROAST,FROZEN,LT&DK MEAT,ROASTED.......	1 LB + 15 OZ

INSTRUCTIONS:

1. Melt margarine. Add flour and stir till smooth.

2. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended.

3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.

4. Dice roast turkey and add to the gravy mixture. Cook over medium heat for -5 minutes or until heated through.

5. Pour into serving pans.

NUTRIENTS: Per 1 CUP

Calories....	239		Iron........	1.92	Mg	Protein.....	22.15	G		->	Protein......	36.98%
Cholesterol.	48	Mg	Calcium.....	83	Mg	Carbohydrate	13.53	G	PERCENT OF	->	Carbohydrates	22.58%
Sodium......	1367	Mg	Vitamin A...	96	RE	Total Fat...	10.26	G	CALORIES FROM	->	Total Fat....	38.54%
Fiber.......	0.30	G	Vitamin C...	0.7	Mg	Saturated Fat	2.55	G		->	Saturated Fat	9.58%

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00579 - Pizza, Ground Beef, RCCI : USDA D-31, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: SERVING

Pizza Crust (scratch)........................	1 SHELLS
BEEF GROUND ,80/20 Raw-to Cook & Drain.......	1 LB,raw weight + 1 1/2 OZ,raw weight
ONIONS,DEHYDRATED FLAKES.....................	2 TBSP + 3/4 TSP
GARLIC POWDER................................	2/3 TSP
PEPPER,BLACK.................................	1/2 TSP
TOMATO PASTE,CANNED,W/SALT...................	3/4 CUP + 1 TSP
WATER..	1 3/4 CUP
BASIL,GROUND.................................	2 1/4 TSP
OREGANO,GROUND...............................	2 1/4 TSP
MARJORAM,DRIED...............................	1 3/4 TSP
THYME,GROUND.................................	1/2 TSP
CHEESE,MOZZARELLA,PART SKIM..................	12 1/2 OZ

INSTRUCTIONS:

1. REFER TO RECIPE NUMBER R00181 NAMED "PIZZA CRUST" OR R00182 NAMED "PIZZA CRUST POURABLE", UNDER THE BREAD AND CEREAL SECTION FOR PREPARING THE CRUST.

2. For pizza topping: Brown ground beef. Drain well. Add onions and garlic owder. Cook for 5 minutes.

3. Add pepper, tomato paste, water, and seasonings. Simmer for 15 minutes.

4. Sprinkle 1/2 of the shredded cheese evenly over each pizza crust.

5. Spread beef mixture over cheese in each pan.

6. Sprinkle 1/2 of the shredded cheese evenly over topping in each pan.

7. Bake until crust is lightly browned:
Conventional Oven: 475 F for 15-18 minutes
Convection Oven: 450 F for 15 minutes

8. Portion by cutting into 10 even servings.

NUTRIENTS: Per SERVING

Calories....	468		Iron........	5.15	Mg	Protein.....	24.92	G		-> Protein......	21.28%
Cholesterol.	49	Mg	Calcium.....	269	Mg	Carbohydrate	58.39	G	PERCENT OF	-> Carbohydrates	49.86%
Sodium......	471	Mg	Vitamin A...	120	RE	Total Fat...	14.61	G	CALORIES FROM	-> Total Fat....	28.06%
Fiber.......	3.56	G	Vitamin C...	9.6	Mg	Saturated Fat	6.15	G		-> Saturated Fat	11.81%

00581 - Scrambled Eggs, RCCI : Vallivue SD
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/3 CUP

EGGS,WHOLE,FRESH & FROZEN....................	13 1/3 large
MILK SKIM....................................	1 1/3 CUP
SALT,TABLE...................................	1 1/2 TSP

INSTRUCTIONS:

1. Beat eggs thoroughly.

2. Add milk and salt. Mix until well blended.

3. Pour egg mixture into pan which has been lightly greased.

4. Bake or steam:
Conventional Oven: 350 F for 2 minutes. Stir once after 15 minutes.
Convection Oven: 300 F for 15 minutes. Stir once after 10 minutes.
Steamer: 5 lb pressure for 3-5 minutes. DO NOT STIR WHILE STEAMING.

DO NOT OVERCOOK

5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.

6. Add margarine to each pan. Stir.

7. Portion with serving utensil. For best results, serve withim 15 minutes.

SERVING: 1/4 cup (No. 16 scoop) provides 1 large egg.
1/2 cup provides 2 large eggs.

NUTRIENTS: Per 1/3 CUP

Calories....	110		Iron........	0.97	Mg	Protein.....	9.44	G		->	Protein......	34.10%
Cholesterol.	283	Mg	Calcium.....	73	Mg	Carbohydrate	2.39	G	PERCENT OF	->	Carbohydrates	8.64%
Sodium......	449	Mg	Vitamin A...	147	RE	Total Fat...	6.74	G	CALORIES FROM	->	Total Fat....	54.78%
Fiber.......	0.00	G	Vitamin C...	0.3	Mg	Saturated Fat	2.10	G		->	Saturated Fat	17.11%

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00454 - Spaghetti and Meat Sauce : USDA D-35, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 CUP

BEEF GROUND ,80/20 Raw-to Cook & Drain.......	2 LB,raw weight + 4 7/8 OZ,raw weight
ONIONS,DEHYDRATED FLAKES.....................	1 2/3 OZ
GARLIC POWDER................................	1 1/4 TSP
PEPPER,BLACK.................................	1/2 TSP
TOMATOES,CRUSHED,CANNED,HEATED...............	1 1/2 CUP
TOMATO PASTE,CANNED,W/SALT...................	3/4 CUP + 2 1/2 TSP
BASIL,GROUND.................................	2 7/8 TSP
OREGANO,GROUND...............................	2 7/8 TSP
MARJORAM,DRIED...............................	2 TSP
THYME,GROUND.................................	1/2 TSP
WATER..	1 2/3 CUP + 7/8 TSP
WATER..	3 QUART + 7/8 CUP
SPAGHETTI,DRY,ENRICHED.......................	13 1/8 OZ

INSTRUCTIONS:

1. Brown ground beef. Drain well. Add onions and garlic powder. Cook for 5 minutes.

[illegible]. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour.

3. Heat water to rolling boil. Add salt.

4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.

5. Stir into meat sauce.

6. Pour into serving pans.

NUTRIENTS: Per 1 CUP

Calories....	356		Iron........	4.52	Mg	Protein.....	24.04	G		-> Protein......	26.98%
Cholesterol.	61	Mg	Calcium.....	64	Mg	Carbohydrate	39.16	G	PERCENT OF	-> Carbohydrates	43.95%
Sodium......	337	Mg	Vitamin A...	79	RE	Total Fat...	11.64	G	CALORIES FROM	-> Total Fat....	29.39%
Fiber.......	3.00	G	Vitamin C...	18.4	Mg	Saturated Fat	4.33	G		-> Saturated Fat	10.94%

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00340 - Turkey Stir-Fry : Toolkit, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1.25 CUP

SOY SAUCE	1/4 CUP	
CORNSTARCH	1 OZ	
GINGER,GROUND	1/8 TSP	
Garlic, Granulated, Dehydrated, SDE	2 1/4 TSP	
PEPPER,WHITE	1/2 TSP	
CHICKEN BROTH,CANNED,NOT CONDENSED	2 CUP	
BROCCOLI,FRESH,RAW	1 LB	+ 6 1/2 OZ
CARROTS,FRESH,RAW	1 LB	+ 6 1/2 OZ
ONIONS,FRESH	5 OZ	
OIL,SALAD,TYPE B	2 TBSP	
Turkey Breast Slab Precooked-C	1 LB	+ 9 OZ
OIL,SALAD,TYPE B	1/4 CUP	

INSTRUCTIONS:

1. Dissolve cornstarch in soy sauce. Add spices.

2. Heat turkey stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.

3. Cook for 3 to 5 minutes, until thickened. Remove from heat.

4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.

5. Saute turkey in oil for 3 to 5 minutes until lightly browned. Add turkey to vegetables in steam table pan. Add sauce and mix to coat turkey and vegetables. Heat to serving temperature.

Serving: 1 Cup = 2 No. 8 scoops

```
NUTRIENTS: Per 1.25 CUP
     Calories....   233      | Iron........   1.82  Mg | Protein.....   18.92  G |                  -> Protein......  32.46%
     Cholesterol.    31  Mg  | Calcium.....     59  Mg | Carbohydrate   17.33  G | PERCENT OF       -> Carbohydrates  29.72%
     Sodium......   974  Mg  | Vitamin A...   1892  RE | Total Fat...   10.91  G | CALORIES FROM    -> Total Fat....  42.11%
     Fiber.......  5.05  G   | Vitamin C...   66.3  Mg | Saturated Fat   2.04  G |                  -> Saturated Fat   7.87%
* - Denotes Missing Nutrient Values.
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00357 - Yogurt,Fruit,Lofat  :  USDA Database
        NUMBER OF PORTIONS: 10
        SIZE OF PORTIONS:   8 OZ

YOGURT,FRUIT,LOFAT,10gm PROT/8oz.............        20 4 oz

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INSTRUCTIONS:

Keep product chilled.

Serve.

--------------------------------------------------------------------------------------------
NUTRIENTS:  Per 8 OZ
     Calories....    231      | Iron........    0.15  Mg | Protein.....    9.92  G |                  -> Protein......  17.16%
     Cholesterol.      9  Mg  | Calcium.....     344  Mg | Carbohydrate   43.24  G | PERCENT OF       -> Carbohydrates  74.79%
     Sodium......    132  Mg  | Vitamin A...      25  RE | Total Fat...    2.45  G | CALORIES FROM -> Total Fat....   9.54%
     Fiber.......   0.00  G   | Vitamin C...     1.4  Mg | Saturated Fat   1.58  G |                  -> Saturated Fat   6.15%
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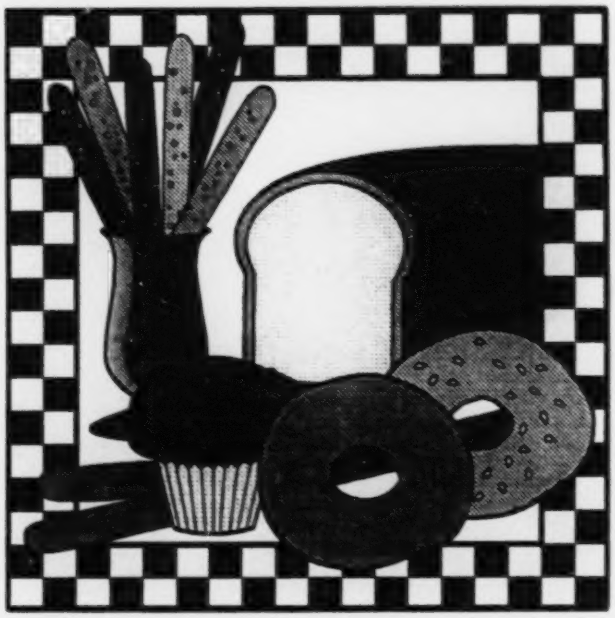
BREAD AND CEREAL PRODUCTS



00583 - APPLESAUCE CAKE,RCCI : USDA C-3
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: SERVINGS

FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	6 OZ
SUGAR,GRANULATED..........................	5 OZ + 2/3 OZ
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED..	1/2 OZ
BAKING POWDER,DOUBLE-ACTING,NaAlSO4..........	1/3 OZ
SALT,TABLE................................	1/2 TSP
CLOVES,GROUND.............................	1/2 TSP
CINNAMON,GROUND...........................	2/3 TSP
EGGS,WHOLE,FRESH & FROZEN..................	1 2/3 large
VANILLA EXTRACT...........................	2/3 TSP
WATER.....................................	2 1/2 TSP
SHORTENING,BAKING,SOYBN(HYDR),PALM&CTTNSD....	2 2/3 OZ
APPLESAUCE,CANNED,UNSWTND,WO/+VIT C..........	2/3 CUP + 2 1/8 TSP
RAISINS,SEEDLESS..........................	3 1/4 OZ

INSTRUCTIONS:

1. Blend flour, sugar, dry milk, baking powder, salt, cloves, and cinnamon for 1 minute in mixer on low speed.

2. Combine eggs, vanilla, and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.

3. Add applsauce. Blend for 30 seconds on low speed. Beat for 3 minutes on medium speed. Add raisins (optional). Blend for 1 minute on low speed.

4. Pour batter into pan, which has been lightly greased and dusted with flour.

5. Bake until lightly browned:
Conventional oven: 375 F for 35 minutes.
Convection oven: 325 F for 25 minutes.

6. Cool. If desired, dust lightly with powdered sugar.

7. Cut each pan 5x2 (10 pieces per pan).

NUTRIENTS: Per SERVINGS

Calories....	244		Iron........	1.30	Mg	Protein.....	3.65	G		->	Protein......	5.96%
Cholesterol.	35	Mg	Calcium.....	87	Mg	Carbohydrate	39.57	G	PERCENT OF	->	Carbohydrates	64.65%
Sodium......	236	Mg	Vitamin A...	16	RE	Total Fat...	8.65	G	CALORIES FROM	->	Total Fat....	31.80%
Fiber.......	1.15	G	Vitamin C...	0.7	Mg	Saturated Fat	2.49	G		->	Saturated Fat	9.16%

00584 - BANANA BREAD SQUARES, RCCI : USDA B-5, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 Each

FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	11 1/4 OZ
SUGAR,GRANULATED..............................	6 7/8 OZ
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED..	2 1/2 TSP
BAKING POWDER,DOUBLE-ACTING,NaAlSO4..........	2 1/2 TSP
BAKING SODA...................................	1/2 TSP
SALT,TABLE....................................	1/2 TSP
EGGS,WHOLE,FRESH & FROZEN.....................	1 2/3 large
WATER...	1/2 CUP
SHORTENING,BAKING,SOYBN(HYDR),PALM&CTTNSD....	2 2/3 OZ
BANANAS,RAW...................................	10 1/2 OZ

INSTRUCTIONS:

1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt for 1 minute in mixer on low speed.

2. Combine eggs and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed.

3. Add mashed bananas. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.

4. Pour batter into pan which has been lightly greased.

5. Bake until browned:
Conventional Oven: 350 F for 35-45 minutes
Convection Oven: 300 F for 25-35 minutes

6. Cool. Cut each pan 5x2 (10 pieces per pan).

SERVING: 1 piece provides 1 serving of bread.

```
NUTRIENTS:  Per 2 Each
      Calories....   301     | Iron........    1.83  Mg | Protein.....    4.87  G |                  -> Protein......    6.47%
      Cholesterol.    35  Mg | Calcium.....      86  Mg | Carbohydrate  51.53  G | PERCENT OF       -> Carbohydrates  68.47%
      Sodium......   316  Mg | Vitamin A...      18  RE | Total Fat...    8.86  G | CALORIES FROM -> Total Fat....  26.48%
      Fiber.......  1.57  G  | Vitamin C...     2.7  Mg | Saturated Fat   2.54  G |                  -> Saturated Fat   7.61%
```

00585 - Bread, Warm/Margarine, RCCI : USDA B-19, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 OZ

YEAST,BAKER'S,ACTIVE DRY	1 TBSP + 1/8 TSP
WATER	3 TBSP + 2/3 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	10 1/2 OZ
FLOUR,WHOLE WHEAT	3 2/3 OZ
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED	2/3 OZ
SUGAR,GRANULATED	1 OZ
SALT,TABLE	1 1/4 TSP
WATER	3/4 CUP + 2 1/2 TSP
SHORTENING,BAKING,SOYBN(HYDR),PALM&CTTNSD	1 OZ
MARGARINE,REG,CORN(HYDR)	1/3 CUP + 3 1/4 TSP

INSTRUCTIONS:

For best results, have all ingredients and utensils at room temperature.
1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.

2. Place all dry ingredients (flour,dry milk,sugar,salt) in mixer bowl. Using a dough hook, blend on low speed for about 2 minutes.

. Add water and mix on low speed for 1 minute.

4. Add dissolved yeast and mix on low speed for 2 minutes.

5. Add shortening and mix on low speed for 2 minutes.

6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

7. Place dough in warm area (about 90 F) for 45-60 minutes.

8. Shape into loaf.
Place in loaf pan which has been lightly greased.

9. Place pan in a warm area (about 90 F) until double in size, 45-55 minutes.

10. Bake until lightly browned:
Conventional Oven: 400 F for 20-25 minutes.
Convection Oven: 375 F for 18-22 minutes.

11. Cool. Cut loaf into slices.

12. Warm slices.

13. Melt margarine and brush lightly on bread. Serve immediately.

00585 - Bread, Warm/Margarine, RCCI ..... continued

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UTRIENTS:  Per 2 OZ
     Calories....    255      | Iron........     2.00  Mg | Protein.....    5.74  G |                   -> Protein......    9.00%
     Cholesterol.      0  Mg  | Calcium.....       35  Mg | Carbohydrate   34.63  G |  PERCENT OF       -> Carbohydrates  54.30%
     Sodium......    388  Mg  | Vitamin A...       89  RE | Total Fat...   10.67  G |  CALORIES FROM -> Total Fat....   37.64%
     Fiber.......   2.41  G   | Vitamin C...      0.1  Mg | Saturated Fat   2.10  G |                   -> Saturated Fat    7.43%
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00586 - Bread,Wheat:scratch, RCCI  :  USDA B-19
        NUMBER OF PORTIONS: 10
        SIZE OF PORTIONS:   2 SLICES

YEAST,BAKER'S,ACTIVE DRY.......................        1 TBSP  +  1/8 TSP
WATER..........................................        3 TBSP  +  2/3 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....  10 1/2 OZ
FLOUR,WHOLE WHEAT.............................  3 2/3 OZ
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED..     2/3 OZ
SUGAR,GRANULATED..............................       1 OZ
SALT,TABLE....................................  1 1/4 TSP
WATER.........................................    3/4 CUP  +  2 1/2 TSP
SHORTENING,BAKING,SOYBN(HYDR),PALM&CTTNSD....       1 OZ
```

INSTRUCTIONS:

For best results, have all ingredients and utensils at room temperature.
1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.

2. Place all dry ingredients (flour,dry milk,sugar,salt) in mixer bowl. Using a dough hook, blend on low speed for about 2 minutes.

3. Add water and mix on low speed for 1 minute.

4. Add dissolved yeast and mix on low speed for 2 minutes.

5. Add shortening and mix on low speed for 2 minutes.

6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

7. Place dough in warm area (about 90 F) for 45-60 minutes.

8. Shape into loaf.
Place in loaf pan which has been lightly greased.

9. Place pan in a warm area (about 90 F) until double in size, 45-55 minutes.

10. Bake until lightly browned:
Conventional Oven: 400 F for 20-25 minutes.
Convection Oven: 375 F for 18-22 minutes.

11. Cool. Cut.

```
NUTRIENTS:  Per 2 SLICES
     Calories....    190     | Iron........    2.00  Mg | Protein.....     5.66  G |                 -> Protein......  11.91%
     Cholesterol.      0  Mg | Calcium.....      33  Mg | Carbohydrate   34.55  G | PERCENT OF      -> Carbohydrates  72.68%
     Sodium......    303  Mg | Vitamin A...       0  RE | Total Fat...    3.39  G | CALORIES FROM   -> Total Fat....  16.06%
     Fiber.......   2.41  G  | Vitamin C...     0.1  Mg | Saturated Fat   0.91  G |                 -> Saturated Fat   4.32%
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00587 - Cinnamon Rolls, RCCI : USDA B-8, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 OZ

YEAST,BAKER'S,ACTIVE DRY.....................	1/3 OZ
WATER..	1/4 CUP + 2 1/2 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	11 2/3 OZ
MILK,DRY,NON FAT SOL,INST,W/+VIT A...........	2/3 OZ
SUGAR,GRANULATED.............................	1 1/4 OZ
SALT,TABLE...................................	1 1/4 TSP
OIL,SALAD,TYPE B.............................	2 TBSP + 2 TSP
WATER..	1/2 CUP
CINNAMON,GROUND..............................	2 1/2 TSP
SUGAR,GRANULATED.............................	1 1/8 OZ
OIL,SALAD,TYPE B.............................	2/3 TSP
RAISINS,SEEDLESS.............................	2 1/8 OZ

INSTRUCTIONS:

For best results, have all ingredients and utensils at room temperature.

1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
2. Place all dry ingredients (flour, dry milk, sugar, and salt) in mixer bowl.
sing a dough hook, blend on low speed for approximately 2 minutes.
. Add oil and blend on low speed for approximately 2 minutes.
4. Add water. Mix on low speed for 1 minute.
5. Add dissolved yeast and mix on low speed for 2 minutes.
6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
7. Place in warm area (about 90 F) for 45-60 minutes.
8. Place dough on lightly floured surface. Divide into ball.
9. Combine cinnamon and sugar. Mix well. Set aside for step 11.
10.Roll ball of dough into a rectangle, 1/4" thick.
11.Lightly brush each rectangle with oil. Sprinkle cinnamon-sugar mixture over each rectangle.
12.Sprinkle raisins over cinnamon-sugar mixture on each rectangle.
13.Roll rectangle on the long side to form a long slender roll. Cut each roll into uniform pieces 1" thick.
14.Place on lightly oiled sheet pan.
15.Place in a warm area (about90 F) until double in size, 30-50 minutes.
16.Bake until lightly browned:
Conventional Oven: 400 F for 18-20 minutes
Convection Oven: 350 F for 12-14 minutes

```
NUTRIENTS:  Per 2 OZ
     Calories....   210      | Iron........   2.05  Mg | Protein.....    4.66  G |                  -> Protein......   8.86%
     Cholesterol.     0  Mg  | Calcium.....     39  Mg | Carbohydrate   38.54  G |  PERCENT OF      -> Carbohydrates  73.27%
     Sodium......   303  Mg  | Vitamin A...     13  RE | Total Fat...    4.36  G |  CALORIES FROM   -> Total Fat....  18.67%
     Fiber.......  1.70  G   | Vitamin C...    0.4  Mg | Saturated Fat   0.62  G |                  -> Saturated Fat   2.68%
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00066 - Cookie, Oatmeal : Vallivue SD
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 EACH

FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	3 OZ
BAKING SODA..................................	1/2 TSP
SALT,TABLE...................................	1/4 TSP
OATMEAL......................................	2 OZ
SUGAR,BROWN..................................	2 OZ
SUGAR,GRANULATED.............................	1 1/2 OZ
CINNAMON,GROUND..............................	1/4 TSP
CLOVES,GROUND................................	
NUTMEG,GROUND................................	1/8 TSP
SHORTENING,BAKING,SOYBN(HYDR),PALM&CTTNSD....	1 2/3 OZ
MARGARINE,REG,CORN(HYDR).....................	1 1/2 OZ
EGGS,WHOLE,FRESH & FROZEN....................	2/3 large
VANILLA EXTRACT..............................	2/3 TSP
RAISINS,SEEDLESS.............................	2 OZ

INSTRUCTIONS:

1. Blend flour, baking soda, salt, rolled oats, sugar, brown sugar, cinnamon, cloves, and nutmeg (optional) for 2 minutes in mixer on low speed.

2. Add shortening, margarine, eggs, and vanilla. Mix for 1 minute on medium speed.

3. Add raisins blend for 30 seconds on low speed.

4. Portion with level No. 40 scoop (1 3/5 Tbsp.)

5. Bake until lightly browned:
Conventional Oven: 350 F for 12-14 minutes
Convection Oven: 300 F for 6-8 minutes
DO NOT OVERBAKE

6. Cool Completely. Remove from sheet pans.

SERVING: 1 cookie

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NUTRIENTS:  Per 1 EACH
     Calories....    177     | Iron........    0.93  Mg | Protein.....    2.40  G |                    -> Protein......   5.40%
     Cholesterol.     12  Mg | Calcium.....      14  Mg | Carbohydrate   23.74  G |  PERCENT OF        -> Carbohydrates  53.48%
     Sodium......    141  Mg | Vitamin A...      45  RE | Total Fat...    8.54  G |  CALORIES FROM  -> Total Fat....  43.29%
     Fiber.......   1.07  G  | Vitamin C...     0.2  Mg | Saturated Fat   2.02  G |                    -> Saturated Fat  10.24%
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00343 - Cookie, Sugar, Whole Wheat : Toolkit
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 EACH

MARGARINE,REG,CORN(HYDR)	1/4 CUP + 2 1/2 TSP
SUGAR,GRANULATED	2/3 CUP + 7/8 TSP
EGGS,WHOLE,FRESH & FROZEN	2 TBSP + 1 1/4 TSP
VANILLA EXTRACT	2/3 TSP
MILK 1% LOWFAT	1 TBSP + 2/3 TSP
FLOUR,WHOLE WHEAT	5 7/8 OZ
BAKING POWDER,DOUBLE-ACTING,PHOSPHATE	2/3 TSP
BAKING SODA	1/2 TSP
SALT,TABLE	1/2 TSP
NUTMEG,GROUND	1/4 TSP
CINNAMON,GROUND	1/4 TSP
SUGAR,GRANULATED	1 TBSP + 1 7/8 TSP
CINNAMON,GROUND	1/2 TSP

INSTRUCTIONS:

1. Cream margrine and sugar in a mixer, using a paddle attachment on medium speed for 10 minutes.

[illegible] Add eggs, vanilla, and milk. Mix for 1 minute or until smooth. Scrape [illegible]wn sides of the bowl.

3. Mix all dry ingredients. Add gradually to the creamed mixture. Mix for 1 minute or until well blend. Scrape down sides of the bowl.

4. Portion with a No. 30 scoop

5. Combine sugar and cinnamon in a salt shaker and sprinkle over cookies.

6. To Bake:
Conventinal Oven
375 degrees F, 12 minutes
Convection Oven
350 degrees F, 16 minutes
Bake until light brown.

Serving: 1 Cookie

NUTRIENTS: Per 1 EACH

Calories....	165		Iron........	0.78	Mg	Protein.....	2.84	G		->	Protein......	6.84%
Cholesterol.	15	Mg	Calcium.....	33	Mg	Carbohydrate	26.42	G	PERCENT OF	->	Carbohydrates	63.69%
Sodium......	199	Mg	Vitamin A...	75	RE	Total Fat...	6.16	G	CALORIES FROM	->	Total Fat....	33.42%
Fiber.......	2.09	G	Vitamin C...	0.0	Mg	Saturated Fat	1.08	G		->	Saturated Fat	5.87%

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00588 - CORNBREAD, RCCI : USDA B-9
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 Each

FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	6 1/2 OZ	
CORNMEAL,DEGERMED,ENR,YEL....................	6 1/2 OZ	
SUGAR,GRANULATED.............................	2 1/8 OZ	
BAKING POWDER,DOUBLE-ACTING,NaAlSO4..........	1 TBSP	+ 1/4 TSP
SALT,TABLE...................................	1/2 TSP	
EGGS,WHOLE,FRESH & FROZEN....................	1 1/4 large	
MILK SKIM....................................	1 1/2 CUP	
OIL,SOYBEAN..................................	3 TBSP	+ 2/3 TSP

INSTRUCTIONS:

1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.

2. Mix eggs, milk, oil. Add to dry ingredients and blend for 30 seconds on low speed. Beat on medium speed only until dry ingredients are moistened, 2-3 minutes. DO NOT OVERMIX. Batter will be lumpy.

3. Pour batter into pan which has been lightly oiled

. Bake until lightly browned:
Conventional Oven: 400 F for 30-35 minutes
Convection Oven: 350 F for 20-25 minutes

5. Cut half sheet pan 5x2 (10 pieces per pan).

SERVING: 1 piece provides 1 serving of bread.

NUTRIENTS: Per 2 Each

Calories....	219		Iron........	1.89	Mg	Protein.....	5.50	G		->	Protein......	10.02%
Cholesterol.	27	Mg	Calcium.....	140	Mg	Carbohydrate	36.66	G	PERCENT OF	->	Carbohydrates	66.79%
Sodium......	302	Mg	Vitamin A...	41	RE	Total Fat...	5.57	G	CALORIES FROM	->	Total Fat....	22.83%
Fiber.......	1.86	G	Vitamin C...	0.3	Mg	Saturated Fat	0.93	G		->	Saturated Fat	3.85%

00589 - GINGER COOKIES, RCCI :
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 EACH

BUTTER,W/SALT	1 7/8 OZ
SUGAR,GRANULATED	3 3/4 OZ
EGGS,WHOLE,FRESH & FROZEN	2 TBSP + 1 1/2 TSP
MOLASSES	1/4 CUP + 1/2 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	5 1/4 OZ
SALT,TABLE	1/8 OZ
BAKING SODA	1/8 OZ
CINNAMON,GROUND	1/8 OZ
GINGER,GROUND	1/8 OZ

INSTRUCTIONS:

PREHEAT OVEN TO 350 DEGREES F.

CREAM MARGARINE AND SUGAR TOGETHER THOROUGHLY.

BEAT EGGS AND MOLASSES INTO CREAMED MIXTURE.

COMBINE DRY INGREDIENTS. BLEND WITH OTHER INGREDIENTS UNTIL SMOOTH.

SCOOP ONTO LINED PAN USING A #30 SCOOP.

BAKE FOR 12 MINUTES UNTO JUST SET.

```
NUTRIENTS:  Per 1 EACH
      Calories....   163      | Iron........   1.33  Mg | Protein.....   2.10  G |                   -> Protein......   5.15%
      Cholesterol.    27  Mg  | Calcium.....     27  Mg | Carbohydrate  28.29  G | PERCENT OF        -> Carbohydrates  69.26%
      Sodium......   286  Mg  | Vitamin A...     47  RE | Total Fat...   4.88  G | CALORIES FROM     -> Total Fat....  26.86%
      Fiber.......  0.63  G   | Vitamin C...    0.1  Mg | Saturated Fat  2.83  G |                   -> Saturated Fat  15.61%
```

00590 - GINGERBREAD, RCCI : USDA C-23
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 PIECE

SUGAR,GRANULATED	2 7/8 OZ	
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	7 1/4 OZ	
BAKING SODA	1 1/4 TSP	
SALT,TABLE	1/2 TSP	
CINNAMON,GROUND	2/3 TSP	
CLOVES,GROUND	1/4 TSP	
GINGER,GROUND	1/4 TSP	
OIL,SALAD,TYPE A	1/3 CUP	+ 7/8 TSP
EGGS,WHITES ONLY,FRESH & FROZEN	2 1/2 OZ	
WATER,BOILING	3/4 CUP	
MOLASSES	2/3 CUP	+ 1 2/3 TSP

INSTRUCTIONS:

1. COMBINE DRY INGREDIENTS IN MIXER BOWL USING A PADDLE ATTACHMENT. BLEND ON LOW SPEED FOR 1 MINUTE.

2. MIX OIL, EGG, HOT WATER, AND MOLASSES IN A BOWL WITH WIRE WHIP FOR 2 MINUTES OR UNTIL BLENDED. SLOWLY ADD THE OIL MIXTURE TO DRY INGREDIENTS ON LOW SPEED AND MIX FOR 1 MINUTE OR UNTIL BLENDED. SCRAPE DOWN THE SIDES OF THE BOWL.

3. POUR BATTER INTO EACH LIGHTLY GREASED AND FLOURED PAN.

TO BAKE
CONVENTIONAL OVEN 350 F, 35 MINUTES
CONVECTION OVEN 325 F, 25 MINUTES

4. CUT CAKE INTO 10 PIECES.

NUTRIENTS: Per 1 PIECE

Calories....	238		Iron........	2.09	Mg	Protein.....	2.88	G		-> Protein......	4.84%
Cholesterol.	0	Mg	Calcium.....	52	Mg	Carbohydrate	39.54	G	PERCENT OF	-> Carbohydrates	66.43%
Sodium......	294	Mg	Vitamin A...	0	RE	Total Fat...	7.90	G	CALORIES FROM	-> Total Fat....	29.87%
Fiber.......	0.66	G	Vitamin C...	0.0	Mg	Saturated Fat	1.33	G		-> Saturated Fat	5.04%

00334 - Hamburger Bun, Wheat : USDA B-16, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: EACH 2 oz.

YEAST,BAKER'S,ACTIVE DRY	1/3 OZ
WATER	1/4 CUP + 2 1/2 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	5 7/8 OZ
FLOUR,WHOLE WHEAT	5 7/8 OZ
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED	2/3 OZ
SUGAR,GRANULATED	1 1/4 OZ
SALT,TABLE	1 1/4 TSP
OIL,SOYBEAN	2 TBSP + 2 1/2 TSP
WATER	1/2 CUP

INSTRUCTIONS:

For best results, have all ingredients and utensils at room temperature.

1. Dissolve dry yeast in warm water. Let stand 4-5 minutes.

2. Place all dry ingredients (flour,dry milk,sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.

3. Add oil and blend on low speed about 2 minutes.

4. Add water. Mix on low speed for 1 minute.

5. Add dissolved yeast and mix on low speed for 2 minutes.

6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

7. Place dough in warm area (about 90 F) for 45-60 minutes.

8. Punch down dough to remove air bubbles.

9. Shape and flatten 2-oz pieces of dough to approximately 4" in diameter.

10. Place in a warm area (about 90 F) until double in size, 30-50 minutes.

11. Bake until lightly browned:
Conventional Oven: 400 F for 18-20 minutes.
Convection Oven: 350 F for 12-14 minutes.

State Department of Education

00334 - Hamburger Bun, Wheat ..... continued

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TRIENTS:  Per EACH 2 oz.
   Calories....    171      | Iron........    1.56  Mg | Protein.....    4.97  G |                  -> Protein......  11.60%
   Cholesterol.      0  Mg  | Calcium.....      32  Mg | Carbohydrate  29.05  G | PERCENT OF       -> Carbohydrates 67.82%
   Sodium......    291  Mg  | Vitamin A...       0  RE | Total Fat...    4.34  G | CALORIES FROM -> Total Fat....  22.80%
   Fiber.......   2.70  G   | Vitamin C...     0.1  Mg | Saturated Fat   0.64  G |                  -> Saturated Fat  3.37%
```

00455 - Hamburger Buns, White : USDA B-16, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: EACH 2 oz.

YEAST,BAKER'S,ACTIVE DRY	1/3 OZ
WATER	1/4 CUP + 2 1/2 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	11 2/3 OZ
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED	2/3 OZ
SUGAR,GRANULATED	1 1/4 OZ
SALT,TABLE	1 1/4 TSP
OIL,SOYBEAN	2 TBSP + 2 1/2 TSP
WATER	1/2 CUP

INSTRUCTIONS:

For best results, have all ingredients and utensils at room temperature.
1. Dissolve dry yeast in warm water. Let stand 4-5 minutes.

2. Place all dry ingredients (flour,dry milk,sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.

3. Add oil and blend on low speed about 2 minutes.

4. Add water. Mix on low speed for 1 minute.

5. Add dissolved yeast and mix on low speed for 2 minutes.

6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

7. Place dough in warm area (about 90 F) for 45-60 minutes.

8. Punch down dough to remove air bubbles.

9. Form rolls from dough by pinching off 2-OZ pieces and shaping. (4"diameter)

10. Place in a warm area (about 90 F) until double in size, 30-50 minutes.

11. Bake until lightly browned:
Conventional Oven: 400 F for 18-20 minutes.
Convection Oven: 350 F for 12-14 minutes.

00455 - Hamburger Buns, White ..... continued

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TRIENTS:  Per EACH 2 oz.
    Calories....    175      | Iron........    1.69  Mg | Protein.....    4.42  G |                  -> Protein......   10.07%
    Cholesterol.      0  Mg  | Calcium.....      29  Mg | Carbohydrate   29.66  G |  PERCENT OF      -> Carbohydrates  67.63%
    Sodium......    290  Mg  | Vitamin A...       0  RE | Total Fat...    4.19  G |  CALORIES FROM   -> Total Fat....  21.51%
    Fiber.......   1.14  G   | Vitamin C...     0.1  Mg | Saturated Fat   0.61  G |                  -> Saturated Fat   3.15%
```

00477 - MACARONI SALAD : USDA E-7
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/2 CUP

WATER..	2 QUART + 1 2/3 CUP
MACARONI,DRY,ENRICHED........................	8 1/2 OZ
MAYONNAISE...................................	4 7/8 OZ
CARROTS,FRESH,RAW............................	1/3 CUP, shredded + 3 1/4 TSP, shredded
CELERY,FRESH,RAW.............................	1/3 CUP, diced + 3 1/4 TSP, diced
ONIONS,FRESH.................................	2 TBSP, chopped + 1/2 TSP, chopped
PICKLE RELISH,SWEET..........................	7/8 OZ
PEPPER,BLACK.................................	1/4 TSP
MUSTARD ,DRY.................................	2/3 TSP
SALT,TABLE...................................	1/4 TSP
PAPRIKA......................................	1/2 TSP

INSTRUCTIONS:

1. Heat water to rolling boil.

2. Slowly add macaroni. Stir constantly until water boils. Cook for 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.

Add mayonnaise. Mix.

4. Add carrots, celery, onions, relish, and seasonings. Toss lightly.

5. Garnish with paprika.

6. Cover. Refrigerate until ready to serve.

7. Portion with No. 8 scoop (1/2 cup).

Serving: 1/2 cup (No. 8 scoop) provides 1 serving of bread alternate.

NUTRIENTS: Per 1/2 CUP

Calories....	193		Iron........	1.10	Mg	Protein.....	3.36	G		-> Protein......	6.95%
Cholesterol.	8	Mg	Calcium.....	15	Mg	Carbohydrate	19.87	G	PERCENT OF	-> Carbohydrates	41.13%
Sodium......	156	Mg	Vitamin A...	140	RE	Total Fat...	11.22	G	CALORIES FROM	-> Total Fat....	52.24%
Fiber.......	0.87	G	Vitamin C...	0.9	Mg	Saturated Fat	1.23	G		-> Saturated Fat	5.72%

00591 - Oatmeal Muffin Squares, RCCI : Tool Kit, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 EACH

OATMEAL	1/2 CUP + 1 2/3 TSP
WATER,BOILING	2/3 CUP + 1 2/3 TSP
FLOUR,BREAD,ENRICHED	2/3 CUP + 1 2/3 TSP
BAKING SODA	1/4 TSP
CINNAMON,GROUND	1/4 TSP
NUTMEG,GROUND	1/4 TSP
SALT,TABLE	1/4 TSP
MARGARINE,REG,CORN(HYDR)	2 TBSP + 1 1/4 TSP
SUGAR,BROWN	1/2 CUP, packed + 1 2/3 TBSP, packed
SUGAR,GRANULATED	1/2 CUP + 1 2/3 TSP
VANILLA EXTRACT	1/2 TSP
EGGS,WHITES ONLY,FRESH & FROZEN	3 TSP + 2/3 TSP
YOGURT,LOFAT,12gm PROT/8oz	2 1/2 TSP
APPLESAUCE,CANNED,SWTND,WO/SALT	2 1/2 TSP

OATMEAL	3 TBSP + 2/3 TSP
FLOUR,BREAD,ENRICHED	2 1/2 TSP
SUGAR,BROWN	2 1/2 TBSP, packed
MARGARINE,REG,CORN(HYDR)	2 1/2 TSP

INSTRUCTIONS:

1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
3. In a mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes.
4. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
5. Combine topping ingredients and mix until crumbs are pea-sized.
6. Pour batter into lightly greased pan and spread evenly.
Sprinkle topping over each pan.
7. To Bake:
Conventional Oven
325 degrees, 45 minutes
Convection Oven
325 degrees, 35 minutes
Bake until golden brown and muffin pulls away from sides of pan.
8. Cut

00591 - Oatmeal Muffin Squares, RCCI ..... continued

TRIENTS: Per 2 EACH

Calories....	222		Iron........	1.35	Mg	Protein.....	3.50	G		-> Protein......	6.28%
Cholesterol.	0	Mg	Calcium.....	27	Mg	Carbohydrate	42.69	G	PERCENT OF	-> Carbohydrates	76.58%
Sodium......	144	Mg	Vitamin A...	45	RE	Total Fat...	4.70	G	CALORIES FROM	-> Total Fat....	18.96%
Fiber.......	1.52	G	Vitamin C...	0.0	Mg	Saturated Fat	0.79	G		-> Saturated Fat	3.22%

00592 - Pizza Crust, RCCI : USDA B-14, SDE
NUMBER OF PORTIONS: 1
SIZE OF PORTIONS: SHELLS

YEAST,BAKER'S,ACTIVE DRY	1/2 OZ
WATER	1 2/3 CUP + 1 2/3 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	1 LB + 6 1/2 OZ
OIL,SOYBEAN	2 TBSP + 1/2 TSP
SALT,TABLE	1/2 TSP
SUGAR,GRANULATED	1/2 OZ
CORNMEAL,DEGERMED,ENR,YEL	1 OZ

INSTRUCTIONS:

FOR BEST RESULTS, HAVE ALL INGREDIENTS AND UTENSILS AT ROOM TEMPERATURE.
1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.

2. Place flour in large mixer bowl. Make well in the center.

3. Pour in dissolved yeast, oil, salt, and sugar. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes at medium speed.

4. Divide and shape dough into ball, 2 lb 4 oz. Let rest for 20 minutes.

Lightly oil pan. Sprinkle pan with 1 oz (3 Tbsp) cornmeal.

6. Place dough ball in center of pan. Flatten dough by rolling or spreading dough 1/8" thick to rim of pan. Keep edges thicker than center.

7. Bake at 350 degrees until golden brown.

NUTRIENTS: Per SHELLS

Calories....	2783		Iron........	33.18	Mg	Protein.....	73.72	G		-> Protein......	10.59%
Cholesterol.	0	Mg	Calcium.....	115	Mg	Carbohydrate	528.35	G	PERCENT OF	-> Carbohydrates	75.93%
Sodium......	1195	Mg	Vitamin A...	11	RE	Total Fat...	36.90	G	CALORIES FROM	-> Total Fat....	11.93%
Fiber.......	23.24	G	Vitamin C...	0.0	Mg	Saturated Fat	5.38	G		-> Saturated Fat	1.74%

0573 - Rice A Roni :
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 3/4 Cup

Rice A Roni................................. 15 1/2 Cup

INSTRUCTIONS:

Follow instructions on package.

```
NUTRIENTS:  Per 3/4 Cup
     Calories....   180     | Iron........   1.35  Mg | Protein.....   4.52  G |                -> Protein......  10.04%
     Cholesterol.     3  Mg | Calcium.....     30  Mg | Carbohydrate  39.75  G | PERCENT OF     -> Carbohydrates  88.33%
     Sodium......   802  Mg | Vitamin A...     60  RE | Total Fat...   1.12  G | CALORIES FROM  -> Total Fat....   5.60%
     Fiber.......  0.75  G  | Vitamin C...    0.9  Mg | Saturated Fat  0.37  G |                -> Saturated Fat   1.87%
* - Denotes Missing Nutrient Values.
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00593 - Rice, Cooked White, RCCI : USDA B-3, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 CUP

RICE,WHITE,MEDIUM,RAW,ENR....................	1 LB + 2 1/8 OZ
SALT,TABLE..................................	7/8 TSP
WATER.......................................	4 1/2 CUP

INSTRUCTIONS:

1. Do not rinse enriched rice.

2. Place rice in pan.

3. Add salt to boiling water; pour over rice.

4. Cover pans tightly.

5. Bake at 350 degrees F or steam at 5 lb pressure for 25 minutes.

6. Remove from oven or steamer and let stand covered 5 minutes.

NUTRIENTS: Per 1 CUP

Calories....	184		Iron........	2.25	Mg	Protein.....	3.40	G		-> Protein...... 7.34%
Cholesterol.	0	Mg	Calcium.....	6	Mg	Carbohydrate	40.76	G	PERCENT OF	-> Carbohydrates 88.15%
Sodium......	207	Mg	Vitamin A...	0	RE	Total Fat...	0.30	G	CALORIES FROM	-> Total Fat.... 1.45%
Fiber.......	0.71	G	Vitamin C...	0.0	Mg	Saturated Fat	0.08	G		-> Saturated Fat 0.39%

00594 - Rolls,Wheat: RCCI : USDA B-16, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 OZ

YEAST,BAKER'S,ACTIVE DRY	1/3 OZ
WATER	1/4 CUP + 2 1/2 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	5 7/8 OZ
FLOUR,WHOLE WHEAT	5 7/8 OZ
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED	2/3 OZ
SUGAR,GRANULATED	1 1/4 OZ
SALT,TABLE	1 1/4 TSP
OIL,SOYBEAN	2 TBSP + 2 1/2 TSP
WATER	1/2 CUP

INSTRUCTIONS:

For best results, have all ingredients and utensils at room temperature.

1. Dissolve dry yeast in warm water. Let stand 4-5 minutes.

2. Place all dry ingredients (flour,dry milk,sugar, and salt) in mixer bowl. Using a dough hook, blend on low speed for approximately 2 minutes.

3. Add oil and blend on low speed about 2 minutes.

4. Add water. Mix on low speed for 1 minute.

5. Add dissolved yeast and mix on low speed for 2 minutes.

6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

7. Place dough in warm area (about 90 F) for 45-60 minutes.

8. Punch down dough to remove air bubbles.

9. Form rolls from dough by pinching off 2-OZ pieces and shaping. Place rolls on lightly oiled pan.

10. Place in a warm area (about 90 F) until double in size, 30-50 minutes.

11. Bake until lightly browned:
Conventional Oven: 400 F for 18-20 minutes.
Convection Oven: 350 F for 12-14 minutes.

00594 - Rolls,Wheat: RCCI ..... continued

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NUTRIENTS:  Per 2 OZ
         Calories....    174      | Iron........     1.58  Mg | Protein.....    5.05  G |                   -> Protein......   11.57%
         Cholesterol.      0  Mg  | Calcium.....       33  Mg | Carbohydrate   29.68  G | PERCENT OF        -> Carbohydrates  68.01%
         Sodium......    303  Mg  | Vitamin A...        0  RE | Total Fat...    4.39  G | CALORIES FROM     -> Total Fat....  22.65%
         Fiber.......   2.74  G   | Vitamin C...      0.1  Mg | Saturated Fat   0.65  G |                   -> Saturated Fat   3.35%
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01013 - Spanish Rice : USDA
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/2 Cup

OIL,SALAD,TYPE B	2 1/2 TSP
ONIONS,DEHYDRATED FLAKES	1 TBSP + 1 7/8 TSP
STOCK,BEEF,RTS,LO SODIUM	3 CUP
TOMATOES,CRUSHED,CANNED,blended	7/8 CUP + 3 1/4 TSP
TOMATO PASTE,CANNED	1/4 CUP + 2 1/2 TSP
CHILI POWDER	1 1/4 TSP
CUMIN,GROUND	7/8 TSP
PAPRIKA	1/2 TSP
ONION POWDER	1/2 TSP
RICE,WHITE,MEDIUM,RAW,ENR	1 1/2 CUP

INSTRUCTIONS:

1. Heat oil. Add onions and green pepper. Cook for 5 minutes.

2. Add beef stock or water, tomatoes. tomate paste, and seasonings. Bring to boil.

3. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender.

4. Pour into serving pans.

5. Portion with No. 16 scoop (1/4 scoop) 1/4 cup.

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NUTRIENTS:  Per 1/2 Cup
     Calories....    137      | Iron........   2.19  Mg | Protein.....    4.26  G |                 -> Protein......  12.42%
     Cholesterol.      0  Mg  | Calcium.....     21  Mg | Carbohydrate   26.78  G | PERCENT OF      -> Carbohydrates  77.98%
     Sodium......     98  Mg  | Vitamin A...     47  RE | Total Fat...    1.61  G | CALORIES FROM   -> Total Fat....  10.55%
     Fiber.......   1.16  G   | Vitamin C...    7.6  Mg | Saturated Fat   0.25  G |                 -> Saturated Fat   1.68%
* - Denotes Missing Nutrient Values.
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00595 - SPICE CAKE:(NEW), RCCI : USDA C-28, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 PIECE

SUGAR,GRANULATED	5 2/3 OZ
MARGARINE,REG,SYBN(HYDR&REG)	3 1/4 OZ
VANILLA EXTRACT	2/3 TSP
EGGS,WHITES ONLY,FRESH & FROZEN	1 2/3 OZ
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	5 2/3 OZ
BAKING SODA	7/8 TSP
CINNAMON,GROUND	2/3 TBSP
CLOVES,GROUND	1/2 TSP
NUTMEG,GROUND	1/4 TSP
MILK 2% LOWFAT	3/4 CUP + 2 1/2 TSP

INSTRUCTIONS:

1. USING A PADDLE ATTACHMENT, BEAT SUGAR, MARGARINE AND VANILLA IN A MIXING BOWL UNTIL SMOOTH AND CREAMY, ABOUT 5 MINUTES.

2. ADD EGG WHITES SLOWLY. MIX FOR 1 MINUTE OR UNTIL BLENDED.

3. MIX FLOUR, BAKING SODA, AND SPICES TOGETHER. ADD THE FLOUR MIXTURE TO THE CREAMED MIXTURE, ALTERNATELY WITH THE LOWFAT MILK.
BE CAREFUL NOT TO OVERMIX.

4. POUR BATTER INTO A LIGHTLY GREASED PAN.

5. TO BAKE: CONVENTIONAL OVEN 350 F, 25-30 MINUTES
CONVECTION OVEN 325 F, 20 MINUTES
WHEN DONE, CAKE WILL SPRING BACK WHEN LIGHTLY TOUCHED.

6. CUT

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NUTRIENTS:  Per 1 PIECE
      Calories....    201      | Iron........    0.95  Mg | Protein.....    2.92  G |                  -> Protein......    5.79%
      Cholesterol.      1  Mg  | Calcium.....      35  Mg | Carbohydrate   29.87  G | PERCENT OF       -> Carbohydrates   59.27%
      Sodium......    215  Mg  | Vitamin A...     102  RE | Total Fat...    8.00  G | CALORIES FROM    -> Total Fat....   35.73%
      Fiber.......   0.73  G   | Vitamin C...     0.4  Mg | Saturated Fat   1.48  G |                  -> Saturated Fat    6.64%
* - Denotes Missing Nutrient Values.
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00596 - Toast, Cinnamon:2 slices, RCCI : USDA B-19, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 SLICES

YEAST,BAKER'S,ACTIVE DRY	1 TBSP + 1/8 TSP
WATER	3 TBSP + 2/3 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	10 1/2 OZ
FLOUR,WHOLE WHEAT	3 2/3 OZ
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED	2/3 OZ
SUGAR,GRANULATED	1 OZ
SALT,TABLE	1 1/4 TSP
WATER	3/4 CUP + 2 1/2 TSP
SHORTENING,BAKING,SOYBN(HYDR),PALM&CTTNSD	1 OZ
MARGARINE,REG,CORN(HYDR)	3/4 CUP + 2 1/2 TSP
SUGAR,BROWN	3 2/3 OZ
SUGAR,GRANULATED	3 7/8 OZ
CINNAMON,GROUND	1/4 OZ

INSTRUCTIONS:

For best results, have all ingredients and utensils at room temperature.
1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
2. Place all dry ingredients (flour,dry milk,sugar,salt) in mixer bowl.
Using a dough hook, blend on low speed for about 2 minutes.
3. Add water and mix on low speed for 1 minute.
4. Add dissolved yeast and mix on low speed for 2 minutes.
5. Add shortening and mix on low speed for 2 minutes.
6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.
7. Place dough in warm area (about 90 F) for 45-60 minutes.
8. Divide and shape into 1 loaf.
Place in loaf pan, which has been lightly greased.
9. Place pan in a warm area (about 90 F) until double in size, 45-55 minutes.
10. Bake until lightly browned:
Conventional Oven: 400 F for 20-25 minutes.
Convection Oven: 375 F for 18-22 minutes.
11. Cool. Cut.
Toast slices until lightly brown.
Melt margarine and brush lightly on toast.
12. Mix brown sugar, sugar and cinnamon. Sprinkle 2 1/2 tsp of mix per slice of toast.
Serve immediately.

NUTRIENTS: Per 2 SLICES

Calories....	403	Iron........	2.47 Mg	Protein.....	5.85 G		-> Protein......	5.80%
Cholesterol.	0 Mg	Calcium.....	56 Mg	Carbohydrate	56.37 G	PERCENT OF	-> Carbohydrates	55.86%
Sodium......	478 Mg	Vitamin A...	180 RE	Total Fat...	17.98 G	CALORIES FROM	-> Total Fat....	40.10%
Fiber.......	2.80 G	Vitamin C...	0.3 Mg	Saturated Fat	3.30 G		-> Saturated Fat	7.37%

00597 - Toast Wheat/Marg:2 slice, RCCI : USDA B-19, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2 SLICES

YEAST,BAKER'S,ACTIVE DRY	1 TBSP + 1/8 TSP
WATER	3 TBSP + 2/3 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED	10 1/2 OZ
FLOUR,WHOLE WHEAT	3 2/3 OZ
MILK,DRY,NON FAT POWDER,W/O VITAMIN A ADDED	2/3 OZ
SUGAR,GRANULATED	1 OZ
SALT,TABLE	1 1/4 TSP
WATER	3/4 CUP + 2 1/2 TSP
SHORTENING,BAKING,SOYBN(HYDR),PALM&CTTNSD	1 OZ
MARGARINE,REG,CORN(HYDR)	1/3 CUP + 3 1/4 TSP

INSTRUCTIONS:

For best results, have all ingredients and utensils at room temperature.
1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.

2. Place all dry ingredients (flour,dry milk,sugar,salt) in mixer bowl. Using a dough hook, blend on low speed for about 2 minutes.

3. Add water and mix on low speed for 1 minute.

4. Add dissolved yeast and mix on low speed for 2 minutes.

5. Add shortening and mix on low speed for 2 minutes.

6. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic.

7. Place dough in warm area (about 90 F) for 45-60 minutes.

8. Shape into 1 loaf.
Place in loaf pan which has been lightly greased.

9. Place pan in a warm area (about 90 F) until double in size, 45-55 minutes.

10. Bake until lightly browned:
Conventional Oven: 400 F for 20-25 minutes.
Convection Oven: 375 F for 18-22 minutes.

11. Cool. Cut.

12. Toast slices until lightly brown.

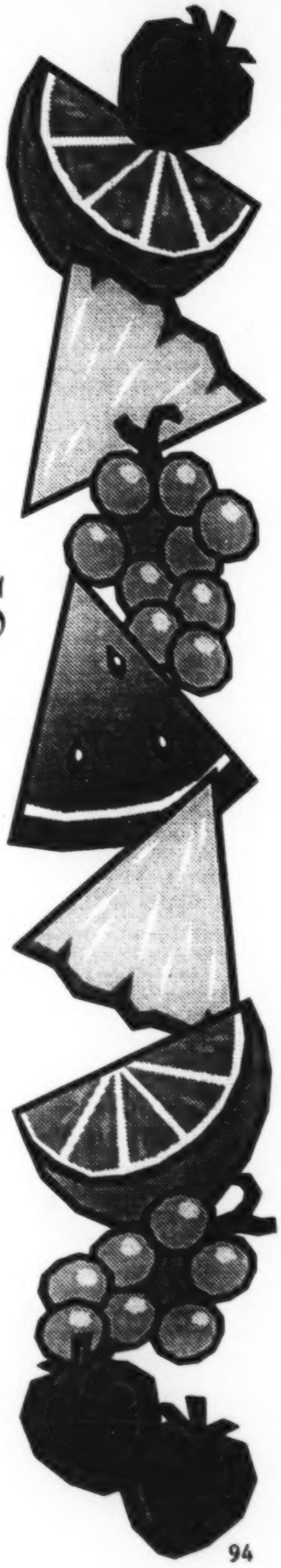
13. Melt margarine and brush lightly on toast. Serve immediately.

00597 - Toast Wheat/Marg:2 slice, RCCI ..... continued

NUTRIENTS: Per 2 SLICES

Calories....	255		Iron........	2.00	Mg	Protein.....	5.74	G		-> Protein......	9.00%
Cholesterol.	0	Mg	Calcium.....	35	Mg	Carbohydrate	34.63	G	PERCENT OF	-> Carbohydrates	54.30%
Sodium......	388	Mg	Vitamin A...	89	RE	Total Fat...	10.67	G	CALORIES FROM	-> Total Fat....	37.64%
Fiber.......	2.41	G	Vitamin C...	0.1	Mg	Saturated Fat	2.10	G		-> Saturated Fat	7.43%

FRUITS
AND
VEGETABLES



00559 - BEAN SOUP, RCCI : USDA H-1, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2/3 CUP

HAM STOCK....................................	4 1/2 CUP + 1 3/4 TSP
BEANS,NAVY,DRIED............................	9 1/4 OZ
TOMATO PASTE,CANNED,W/SALT...................	1 OZ
ONIONS,DEHYDRATED FLAKES.....................	1/4 OZ
CELERY,FRESH,RAW.............................	3 TBSP, diced + 2/3 TSP, diced
CARROTS,FRESH,RAW............................	2 TBSP, diced + 2 TSP, diced
PEPPER,BLACK.................................	1/8 TSP
PARSLEY,DRIED................................	1 2/3 TSP
FLOUR,ALL PURPOSE WHITE,ENRICHED,BLEACHED....	2/3 OZ
WATER..	2 TBSP + 1/2 TSP

INSTRUCTIONS:

1. Combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley flakes, and ham. Bring to boil. (If desired, liquid from cooked beans may be used as part of the stock.)

2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender.

3. Combine flour and water. Mix until smooth.

. Add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes.

5. Pour into serving pans.

Serving: 1 cup (8 ounce ladle) provides 1/2 cup of cooked dry beans and 1/8 cup of vegetable

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NUTRIENTS: Per 2/3 CUP

Calories....	103		Iron........	1.93	Mg	Protein.....	6.56	G		-> Protein......	25.40%
Cholesterol.	0	Mg	Calcium.....	46	Mg	Carbohydrate	18.97	G	PERCENT OF	-> Carbohydrates	73.46%
Sodium......	229	Mg	Vitamin A...	99	RE	Total Fat...	0.45	G	CALORIES FROM	-> Total Fat....	3.88%
Fiber.......	6.74	G	Vitamin C...	2.9	Mg	Saturated Fat	0.09	G		-> Saturated Fat	0.82%

00442 - Carrot/Celery Sticks : SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/2 CUP

CARROTS,FRESH,RAW............................	2 1/2 CUP, sticks	+	TSP, sticks
CELERY,FRESH,RAW.............................	2 1/2 CUP, sticks	+	TSP, sticks

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INSTRUCTIONS:

1. Cut carrot and celery product into sticks.

2. Place into cold water to keep crisp.

3. Drain before serving.

4. Serve chilled.

NUTRIENTS: Per 1/2 CUP

Calories....	24		Iron........	0.36	Mg	Protein.....	0.73	G		->	Protein......	11.78%
Cholesterol.	0	Mg	Calcium.....	26	Mg	Carbohydrate	5.81	G	PERCENT OF	->	Carbohydrates	93.59%
Sodium......	47	Mg	Vitamin A...	1240	RE	Total Fat...	0.14	G	CALORIES FROM	->	Total Fat....	4.91%
Fiber.......	1.95	G	Vitamin C...	6.6	Mg	Saturated Fat	0.02	G		->	Saturated Fat	0.97%

00363 - Coleslaw : USDA E-6, SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/2 Cup

CABBAGE,FRESH,RAW	7 1/4 CUP, shredded	+ 1 2/3 TSP, shredded
CARROTS,FRESH,RAW	1 1/8 CUP, shredded	+ 7/8 TSP, shredded
ONIONS,FRESH	1/3 CUP, chopped	+ 3 1/4 TSP, chopped
PEPPERS,SWT,GREEN,RAW	3 TBSP, chopped	+ 2/3 TSP, chopped
MAYONNAISE,LoFat,No Cholesterol	7 OZ	
SUGAR,GRANULATED	2 1/2 TSP	
CELERY SEED	7/8 TSP	
MUSTARD SEED,YEL	1/2 TSP	
VINEGAR,CIDER	2 1/2 TSP	

INSTRUCTIONS:

1. Place all vegetables in large bowl and toss lightly to mix.

2. Combine mayonnaise, sugar, celery seed, dry mustard, and vinegar.

3. Pour dressing over vegetables. Mix thoroughly.

4. Cover. Refrigerate until ready to serve.

5. Mix lightly before serving.

SERVING: 1/4 cup (No. 16 scoop)

NUTRIENTS: Per 1/2 Cup

Calories....	92		Iron........	0.47 Mg	Protein.....	1.01	G		-> Protein......	4.38%
Cholesterol.	0	Mg	Calcium.....	32 Mg	Carbohydrate	7.21	G	PERCENT OF	-> Carbohydrates	31.18%
Sodium......	159	Mg	Vitamin A...	348 RE	Total Fat...	6.87	G	CALORIES FROM	-> Total Fat....	66.85%
Fiber.......	1.71	G	Vitamin C...	20.4 Mg	Saturated Fat	1.35	G		-> Saturated Fat	13.15%

00582 - Gelatin with orange juice,RCCI : Rockland SD
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 3/4 CUP

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GELATIN,DRY MIX..............................      1/4 pkg (70.37 oz)
WATER,BOILING................................    6 1/4 CUP  +  1 3/4 TSP
ORANGE JUICE,CANNED,UNSWTND..................      1/2 CUP  +  3 1/2 TSP
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INSTRUCTIONS:

1. Dissolve gelatin completely in hot water (140 - 160 degrees).

2. Add orange juice and mix well.

3. Refrigerate until firm.

```
NUTRIENTS:  Per 3/4 CUP
     Calories....    196      | Iron........    0.15  Mg | Protein.....     3.97  G |                 -> Protein......     8.11%
     Cholesterol.      0  Mg  | Calcium.....       5  Mg | Carbohydrate    46.54  G |  PERCENT OF     -> Carbohydrates   94.98%
     Sodium......    131  Mg  | Vitamin A...       2  RE | Total Fat...     0.02  G |  CALORIES FROM  -> Total Fat....     0.09%
     Fiber.......   0.02  G   | Vitamin C...     4.9  Mg | Saturated Fat    0.00  G |                 -> Saturated Fat    0.01%
```

00384 - Lettuce and Tomato Mixture : Coeur d'AleneSD
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/2 CUP

TOMATOES,FRESH,RED RIPE.......................	3/4 CUP	+ 2 1/2 TSP
LETTUCE,ICEBERG,FRESH.........................	4 1/2 CUP	+ 1 2/3 TSP

INSTRUCTIONS:

1. Dice tomatoes.
2. Shred iceberg lettuce.
3. Just before serving, toss tomato and lettuce together.

```
NUTRIENTS:  Per 1/2 CUP
      Calories....      6     | Iron........   0.18  Mg | Protein.....   0.37  G |                    -> Protein......  23.98%
      Cholesterol.      0  Mg | Calcium.....      5  Mg | Carbohydrate   1.17  G |  PERCENT OF        -> Carbohydrates  75.79%
      Sodium......      3  Mg | Vitamin A...     17  RE | Total Fat...   0.09  G |  CALORIES FROM     -> Total Fat....  13.61%
      Fiber.......   0.50  G  | Vitamin C...    3.6  Mg | Saturated Fat  0.01  G |                    -> Saturated Fat   1.82%
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00412 - Mashed Potatoes : USDA I-5,SDE
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/2 cup

POTATO FLAKES, DRY FORM........................	6 2/3 OZ
WATER,BOILING..................................	3 2/3 CUP + 7/8 TSP
MILK SKIM......................................	1 1/4 CUP + 1 2/3 TSP
MARGARINE,REG,CORN(HYDR).......................	2 TBSP + 1 1/4 TSP
SALT,TABLE.....................................	2/3 TSP

INSTRUCTIONS:

1. Pour liquids into large bowl.

2. Add instant potato flakes, margarine and salt to liquids.

3. Stir 1/2 minute to moisten potatoes. Stir an additional 1/2 minute to fluff.

4. Avoid overmixing (use of mixer is NOT recommended).

5. Serve.

SERVING: 1/2 cup (# 8 scoop).

NOTE: Since the starch content of potatoes can differ, adjustment of the liquid may be necessary. Increase or decrease the quantity of liquid as needed for a fluffy product.

NUTRIENTS: Per 1/2 cup

Calories....	100		Iron........	0.24	Mg	Protein.....	2.59	G			-> Protein......	10.29%
Cholesterol.	0	Mg	Calcium.....	43	Mg	Carbohydrate	16.65	G	PERCENT OF		-> Carbohydrates	66.04%
Sodium......	209	Mg	Vitamin A...	51	RE	Total Fat...	2.85	G	CALORIES FROM		-> Total Fat....	25.47%
Fiber.......	1.29	G	Vitamin C...	15.9	Mg	Saturated Fat	0.50	G			-> Saturated Fat	4.46%

00407 - Peanuts and Raisins : Vallivue SD
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/2 Cup

PEANUTS,ALL TYPES,OIL-RSTD..................	11 1/2 OZ
RAISINS,SEEDLESS............................	1 LB + 2 OZ

INSTRUCTIONS:

Mix peanuts and raisins together and serve

NUTRIENTS: Per 1/2 Cup

Calories....	340		Iron........	1.65	Mg	Protein.....	10.16	G		-> Protein......	11.92%
Cholesterol.	0	Mg	Calcium.....	53	Mg	Carbohydrate	46.50	G	PERCENT OF	-> Carbohydrates	54.57%
Sodium......	8	Mg	Vitamin A...	0	RE	Total Fat...	16.17	G	CALORIES FROM	-> Total Fat....	42.69%
Fiber.......	5.01	G	Vitamin C...	1.6	Mg	Saturated Fat	2.28	G		-> Saturated Fat	6.04%

00075 - Refried Beans : Vallivue SD
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1/2 Cup

BEANS,PINTO,DRIED............................	1 LB + 6 1/4 OZ
SALT,TABLE..................................	2 2/3 TSP
ONIONS,DEHYDRATED FLAKES....................	2 2/3 TSP
CHILI POWDER................................	2 2/3 TSP
Salsa Picante:Rosarita # 52774...............	2 TBSP + 1 3/4 TSP
GARLIC POWDER...............................	1/2 TSP
Jalapeno peppers, cnd, chopped...............	1 TBSP + 1/2 TSP

INSTRUCTIONS:

1. In medium size steamer pan add:

raw pinto beans
salt
dehydrated onion flakes
chili powder

2. Fill pan to within 1 1/2 inch of top of steamer pan with hot water. Soak mixture overnight in cooler. Next day cook in steamer for 2 1/2 to 3 hours. (Add water if necessary before cooking). When beans are tender, drain excess water off. Put beans into mixer, using wire whip, break up beans well on speed 2 or 3 for 10 minutes.

3. Add to mixer salsa, garlic powder, and jalapeno peppers.

4. Mix well. When beans are broken up well, put beans back into steamer pans and keep warm in warmer.

NUTRIENTS: Per 1/2 Cup

Calories....	219		Iron........	3.83	Mg	Protein.....	13.34	G		->	Protein......	24.36%
Cholesterol.	0	Mg	Calcium.....	79	Mg	Carbohydrate	40.98	G	PERCENT OF	->	Carbohydrates	74.83%
Sodium......	650	Mg	Vitamin A...	24	RE	Total Fat...	0.83	G	CALORIES FROM	->	Total Fat....	3.41%
Fiber.......	15.65	G	Vitamin C...	5.3	Mg	Saturated Fat	0.16	G		->	Saturated Fat	0.69%

* - Denotes Missing Nutrient Values.

00109 - VEGETABLE SOUP: scratch : USDA H-4
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 1 CUP

BEEF STOCK	6 CUP
TOMATOES,CRUSHED,CANNED,HEATED	1 2/3 CUP
CELERY,FRESH,RAW	1/2 CUP, diced + 2 7/8 TSP, diced
ONIONS,DEHYDRATED FLAKES	2/3 OZ
PEPPER,BLACK	1/4 TSP
PARSLEY,DRIED	2 1/2 TSP
GARLIC POWDER	1 1/4 TSP
CORN,SWEET YELLOW,CANNED,DRAINED	2/3 CUP + 1 1/8 TSP
CARROTS,CANNED,DRAINED	2/3 CUP, slices + 3 2/3 TSP, slices
BEANS,GREEN,CANNED,DRAINED	2/3 CUP + 2 1/4 TSP
PEAS GREEN,CANNED,DRAINED	1/2 CUP + 3 2/3 TSP

INSTRUCTIONS:

1. Combine stock, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to boil.

2. Reduce heat and cover. Simmer for 20 minutes.

3. Add corn, carrots, green beans, and green peas. (frozen and canned may be combined).

4. Cover and simmer 15 minutes, or until vegetables are tender.

5. Pour into serving pans.

6. Portion with 8 oz ladle (1 cup).

Serving: 1 cup (8 ounce ladle) provides 1/2 cup of vegetable.

NUTRIENTS: Per 1 CUP

Calories....	45		Iron........	0.83	Mg	Protein.....	2.54	G		-> Protein......	22.14%
Cholesterol.	0	Mg	Calcium.....	21	Mg	Carbohydrate	9.58	G	PERCENT OF	-> Carbohydrates	83.59%
Sodium......	852	Mg	Vitamin A...	169	RE	Total Fat...	0.37	G	CALORIES FROM	-> Total Fat....	7.33%
Fiber.......	1.43	G	Vitamin C...	10.4	Mg	Saturated Fat	0.04	G		-> Saturated Fat	0.90%

MILK

00082 - Milk Assortment, RCCI : SDE
NUMBER OF PORTIONS: 100
SIZE OF PORTIONS: 1 Cup

Milk, Chocolate, Nonfat, SDE.................	5 CUP
MILK 1% CHOCOLATE............................	69 CUP
MILK 1% LOWFAT...............................	3 CUP
MILK WHOLE,3.3%..............................	1 CUP
MILK 2% LOWFAT...............................	22 CUP

INSTRUCTIONS:

This assortment of milks was gathered from a sample of Districts throughout the State and the percentages that are used weekly.
These figures are ESTIMATES from the information gathered to provide a general overall view of the State.

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NUTRIENTS:  Per 1 Cup
    Calories....    147     | Iron........    0.44  Mg | Protein.....     8.10  G |                  -> Protein......   21.97%
    Cholesterol.      9  Mg | Calcium.....     288  Mg | Carbohydrate    22.50  G | PERCENT OF       -> Carbohydrates  61.03%
    Sodium......    145  Mg | Vitamin A...     143  RE | Total Fat...     2.91  G | CALORIES FROM    -> Total Fat....  17.79%
    Fiber.......   0.00  G  | Vitamin C...     2.2  Mg | Saturated Fat    1.80  G |                  -> Saturated Fat  11.00%
* - Denotes Missing Nutrient Values.
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DRESSINGS

00529 - Dressing, Salad, LF, Ranch : Vallivue SD
NUMBER OF PORTIONS: 10
SIZE OF PORTIONS: 2.5 TBSP

MAYONNAISE,LoFat,No Cholesterol..............	3/4 CUP + 1 1/2 TSP
BUTTERMILK,CULTURED,FROM SKIM MILK...........	3/4 CUP + 1 1/2 TSP
GARLIC POWDER................................	1/8 TSP
ONIONS,DEHYDRATED FLAKES.....................	7/8 TSP
PARSLEY,DRIED................................	1 1/4 TSP
SALT,TABLE...................................	1/4 TSP
SUGAR,GRANULATED.............................	1/4 TSP

INSTRUCTIONS:

Mix all ingredients until smooth.

NUTRIENTS: Per 2.5 TBSP

Calories....	66		Iron........	0.04	Mg	Protein.....	0.66	G		-> Protein......	3.97%
Cholesterol.	0	Mg	Calcium.....	23	Mg	Carbohydrate	2.31	G	PERCENT OF	-> Carbohydrates	14.01%
Sodium......	214	Mg	Vitamin A...	2	RE	Total Fat...	5.90	G	CALORIES FROM	-> Total Fat....	80.40%
Fiber.......	0.02	G	Vitamin C...	0.3	Mg	Saturated Fat	1.25	G		-> Saturated Fat	17.04%

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05038 - Honey Dressing  :  USDA E-20
        NUMBER OF PORTIONS: 10
        SIZE OF PORTIONS:   2 TBSP

YOGURT,LOFAT,12gm PROT/8oz...................   5 2/3 OZ
HONEY,RAW....................................   3 1/4 OZ
PAPRIKA......................................     1/4 TSP
ORANGE JUICE,CANNED,UNSWTND..................       1 TBSP  +  1 7/8 TSP
MUSTARD  YELLOW PREPARED.....................     1/2 OZ
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INSTRUCTIONS:

1. COMBINE ALL INGREDIENTS, IN A MIXING BOWL, USING A PADDLE ATTACHMENT. MIX ON LOW SPEED FOR 3-5 MINUTES.

2. FOR BEST RESULTS, CHILL AT LEAST 12 HOURS PRIOR TO SERVING.

3. SERVE AS A DIPPING SAUCE FOR CHICKEN OR FISH NUGGETS.

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NUTRIENTS:  Per 2 TBSP
    Calories....     39     | Iron........    0.09  Mg | Protein.....    0.93  G |                 -> Protein......    9.43%
    Cholesterol.      0  Mg | Calcium.....      30  Mg | Carbohydrate    8.93  G |  PERCENT OF     -> Carbohydrates   90.14%
    Sodium......     25  Mg | Vitamin A...       5  RE | Total Fat...    0.30  G |  CALORIES FROM  -> Total Fat....    6.92%
    Fiber.......   0.04  G  | Vitamin C...     1.0  Mg | Saturated Fat   0.16  G |                 -> Saturated Fat    3.68%
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